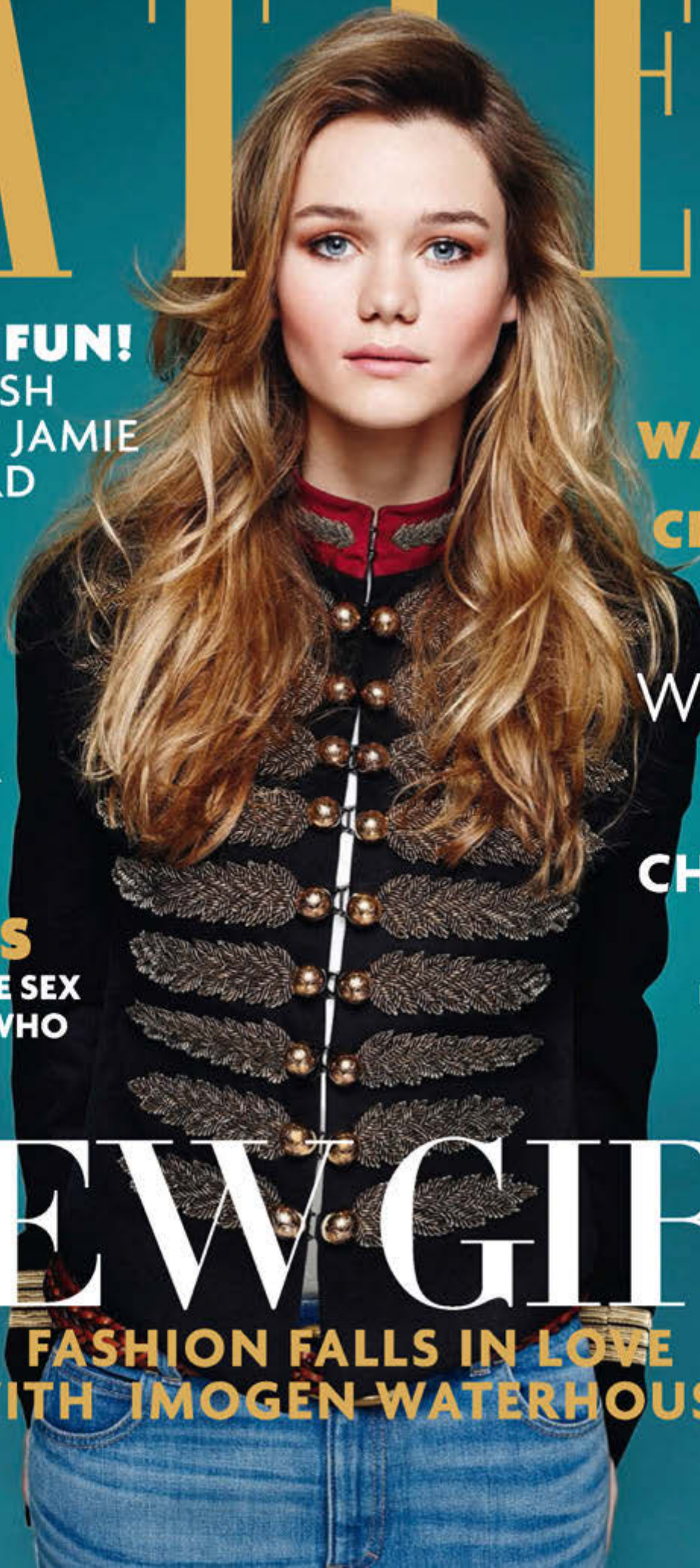
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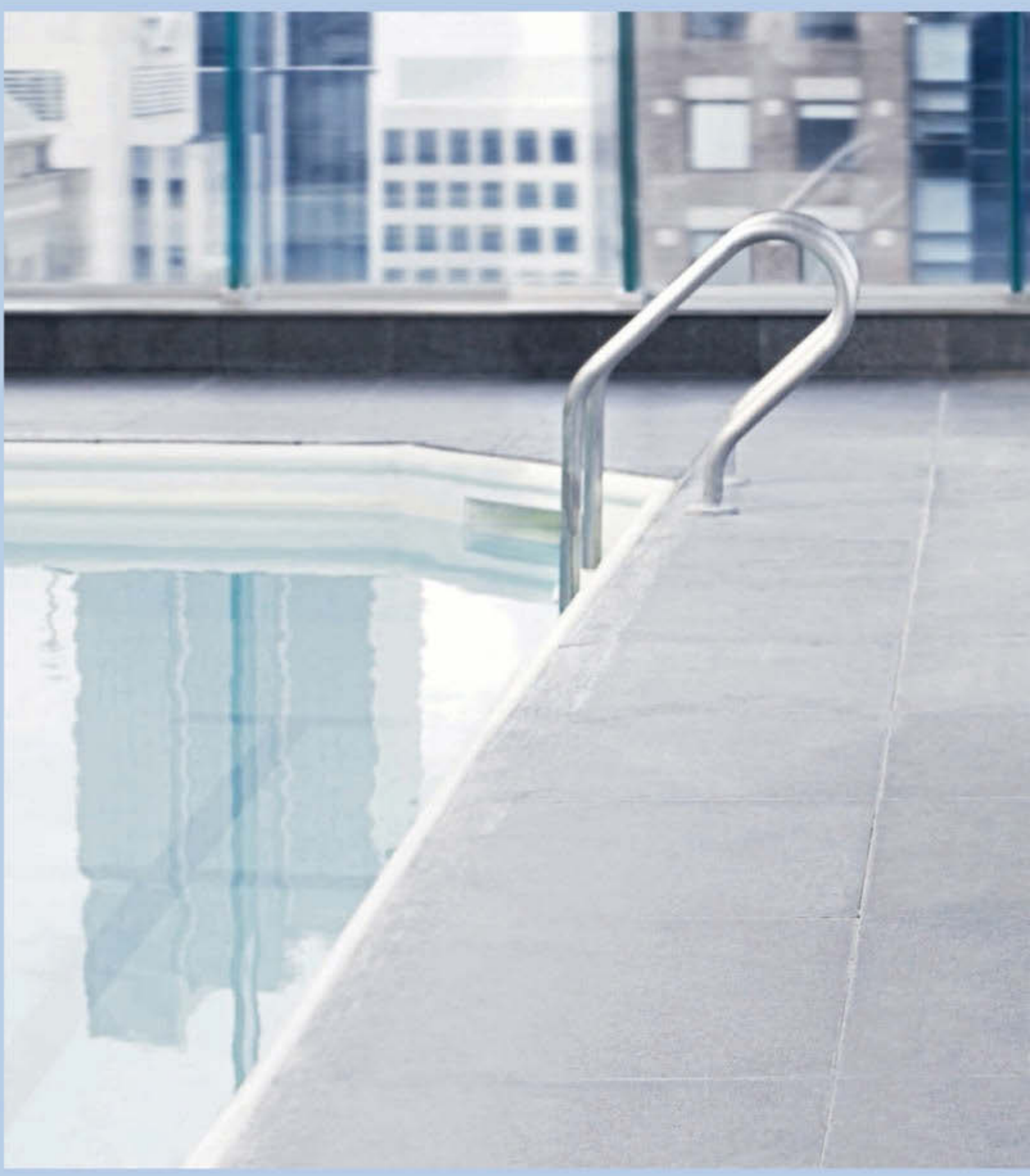
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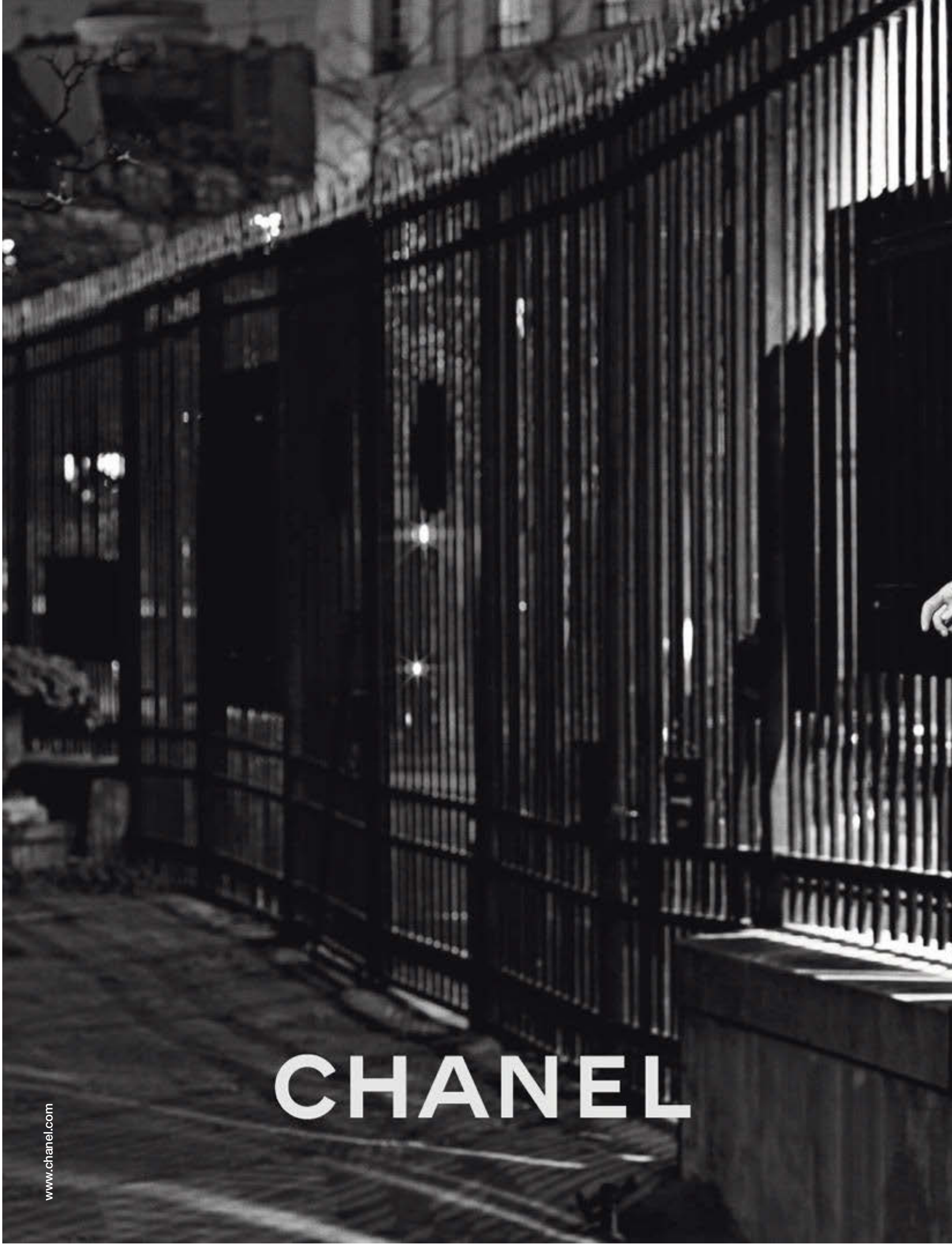


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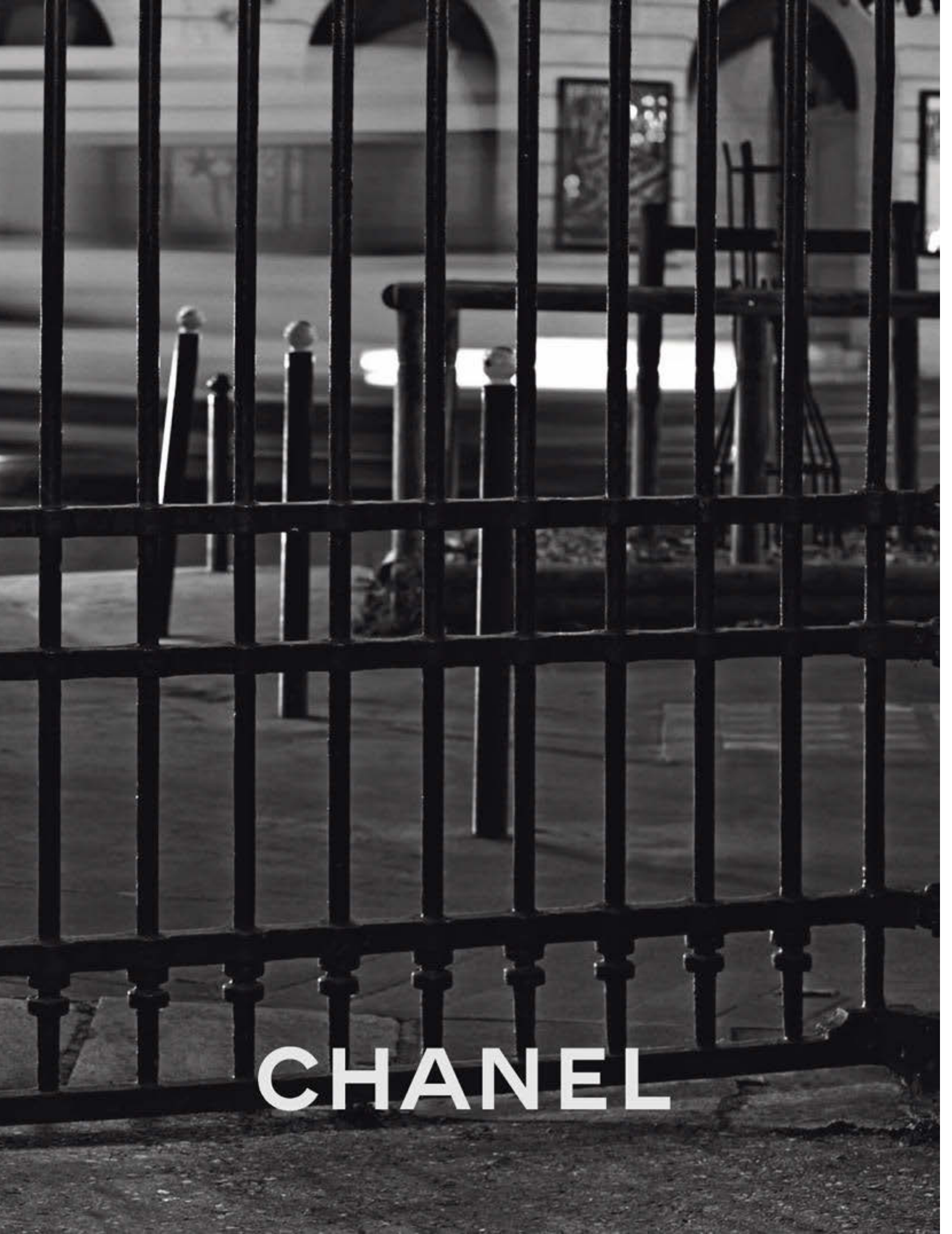


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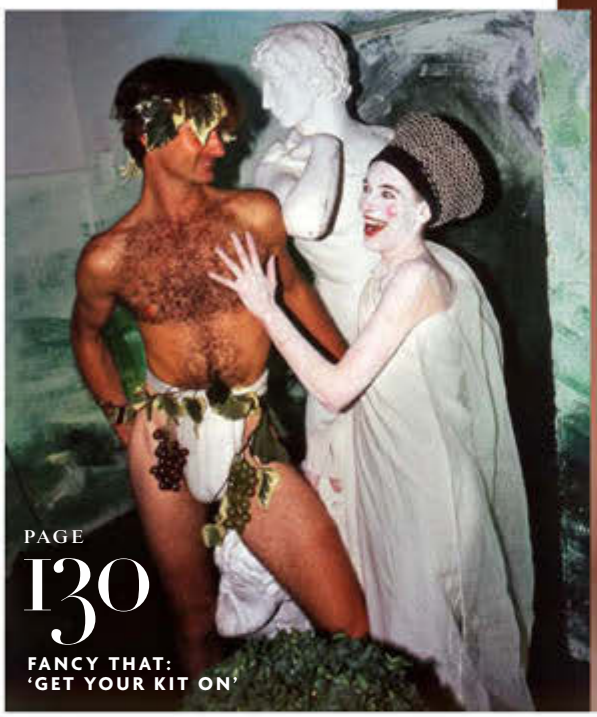
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PAGE 130
FANCY THAT: 'GET YOUR KIT ON'



PAGE 118
IMOGEN WATERHOUSE: 'HELLO, LOVELY!'

CONTENTS

ON THE COVER

90 VELVET SLIPPER SPECIAL
Shock news – they CAN be sexy. Plush! By *Matthew Bell* and *Annabel Rivkin*

112 FROM DEVIL TO DUKE
He used to be the bad boy of Blenheim, but has the new Duke of Marlborough put the mad old days behind him, asks *David Jenkins*

118 HELLO, LOVELY!
The hottest girls on the planet in the new collections. By *Deep Kailey* and *Luciana Bellini*

130 GET YOUR KIT ON
No toff can resist it – fancy dress, that is. By *Mary Killen*

140 COLLECTION COLLAGE
Hot new looks + classic Tatler pictures. Yay! By *Deep Kailey*

150 A STITCH IN TIME
Model Grace Plowden takes a trip back to the Seventies. By *Deep Kailey* and *Luciana Bellini*

158 BEHIND EVERY GREAT JOHNSON...
Meet Charlotte Johnson, artistic powerhouse and the inspirational, indomitable mother of Boris, Rachel, Leo and Jo. By *Mary Killen*

172 LOOK HAIR'S TALKING!
Clare Bennett eavesdrops on royalty's crowning glories

FEATURES

134 THE BAMFORD BOY
Let George Bamford loose on your superwatch. By *Sophia Money-Coutts*

136 LIFE OF THE PARTY
How profligate British socialite Pamela Harriman used sex and charm to scale the peaks of power. By *Andrew Wilson*



COVER: IMOGEN WATERHOUSE

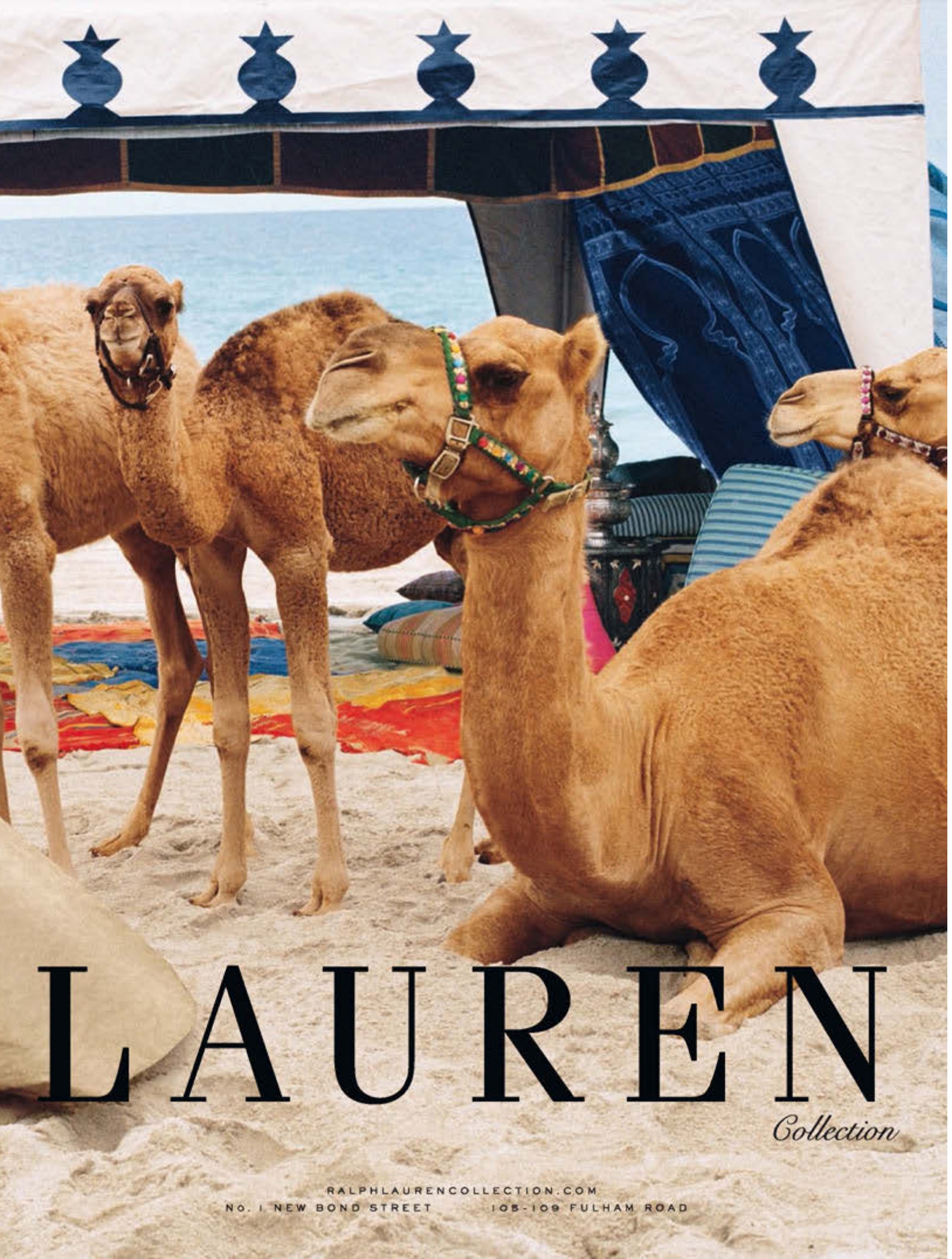
PHOTOGRAPHED BY MARCIN TYSZKA
STYLED BY DEEP KAILEY

Imogen Waterhouse wears linen jacket, £2,720; cotton shirt, £490; denim jeans, £455, all by Gucci. For stockists, see Address Book. Hair by Daniel Martin at D+V Management, using Bumble and Bumble: Surf Spray and Thickening Dry Spun Finish. Make-up by Andrew Gallimore at CLM Hair & Make-up for Nars Cosmetics: Nars All Day Luminous Weightless Foundation, Nars Blush in Reckless, Nars Lipgloss in Vent Sale, Nars Dual Intensity Eyeshadow in Himalia, Nars Eyeshadow Duo in St Paul de Vence.

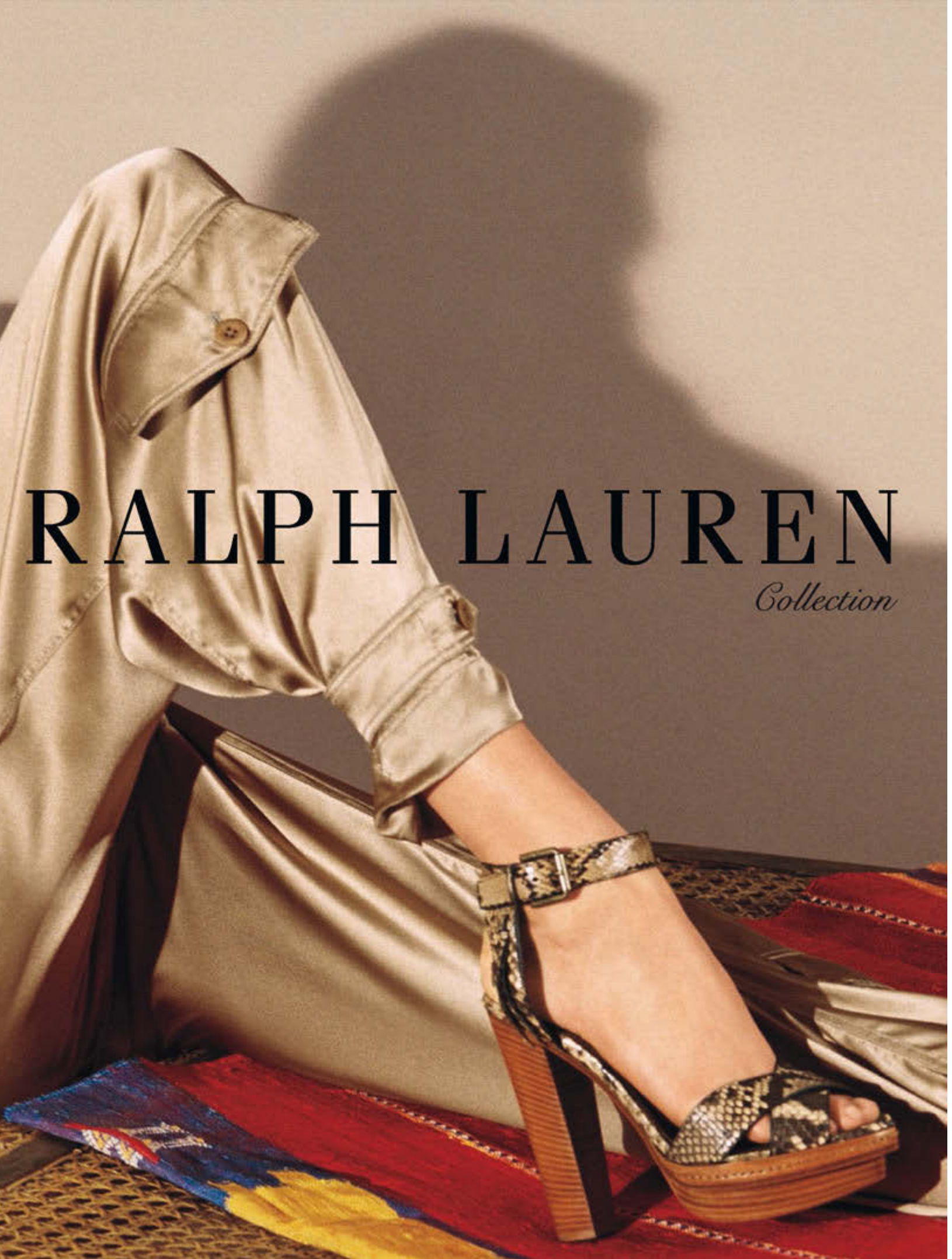
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CONTINUED on page 45


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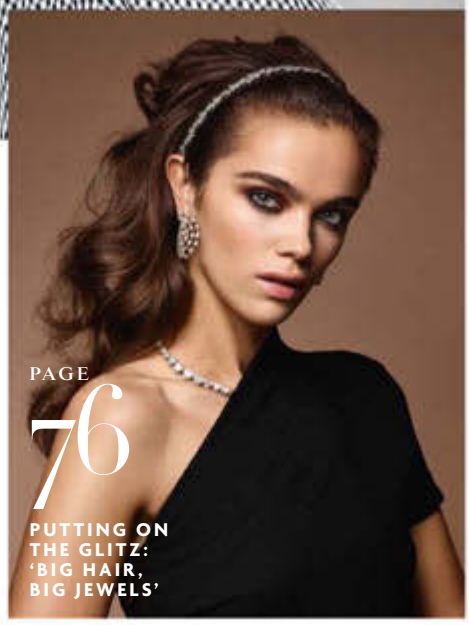
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PAGE 112
WILD BOY: 'FROM DEVIL TO DUKE'


PAGE 140
PIGGY TO THE RESCUE: 'COLLECTION COLLAGE'


PAGE 76
PUTTING ON THE GLITZ: 'BIG HAIR, BIG JEWELS'

FASHION

65 HERE'S LOOKING AT...
Matthew Moneypenny: always in the the picture. By *Luciana Bellini*

67 DON'T YOU WISH YOU'D WORN THAT?
Keyhole dresses. AKA the flat-tummy test. By *Annabel Rivkin* and *Sophie Goodwin*

68–72 TREND ALERTS
Suede, broderie anglaise and chain bags. By *Annabel Rivkin* and *Alice Edwards*

74 WHY BE DULL?
The wannabe-a-bunny shoe

76 BIG HAIR, BIG JEWELS
Big dreams! By *Alice Edwards* and *Deep Kailey*

TATLER ABOUT TOWN

89 THE YOGIS
Really bendy posh girls. By *Tibbs Jenkins*

94 SAUCY!
Heston Blumenthal's going into orbit – in every sense, says *Annabel Rivkin*

96 THE ULTIMATE FASHION MATRIX
Foxy vs frumpy

98 REVENGE!
Sweet! By *David Jenkins*

100 NOTES TO SELF; & THE GAMES MISTRESS
Happy-clappy time with *Annabel Rivkin* and *Ailsa Miller*; and smuggling budgies with *Emma Kennedy*

102 IT'S 6.42AM: PARTY TIME!
Rise and shine... on the dancefloor. By *Tibbs Jenkins*

104 I'M COMING!!!
A polite invitation to respect the new rules of RSVP. By *Sophia Money-Coutts*

105 QUENTIN LETTS'S SKETCHBOOK
Baroness Stowell, Leader of the Lords and always game for a giggle

106 BOOKS
A killer selection, courtesy of *Sebastian Shakespeare*

107 GADGETS
Endless foodie fun. Brand your face on lightly burned bread and anthropomorphise your veg with *Emma Freud*

108 ART FOR SALE
Josh Spero reports from the war on rugs

110 RESTAURANTS
It's always Spring in my heart, says *Jeremy Wayne*

HOME

163 MY, WHAT BIG CUPOLAS YOU HAVE!
Let's do the time warp – at the Earl of Harrowby's glorious Sandon Hall. By *Luciana Bellini*

168 THE MANSION HUNTERS
Your one-stop shop for £10m properties. By *Sophia Money-Coutts*

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CONTINUED on page 53

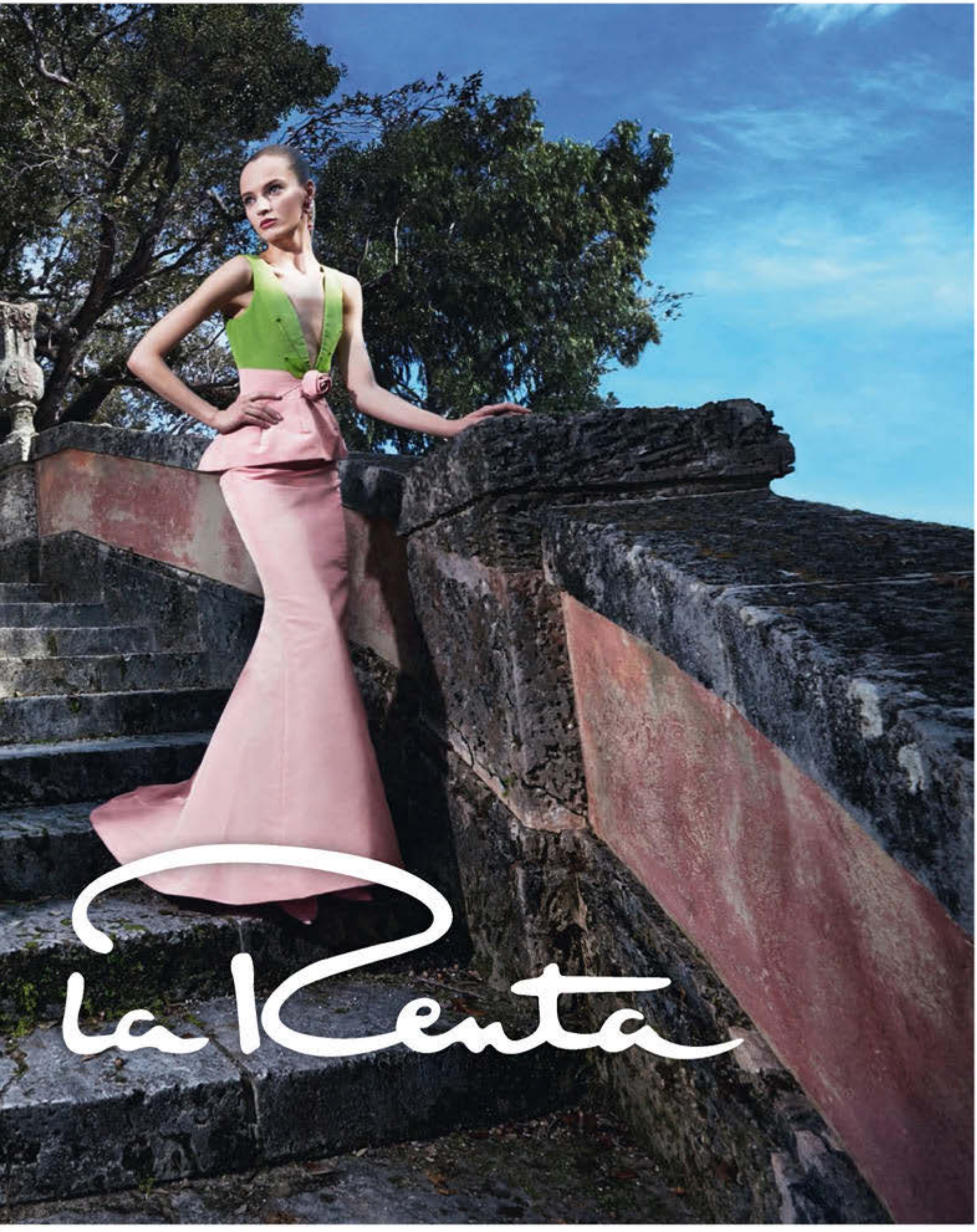


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BEAUTY

173 CROWD CONTROL
Freckle fix, by *Francesca White*

176 DO YOU DARE TO LOOK INTO THE FUTURE?
The gene genies who can plot you a path to a ripe old age. By *Tibbs Jenkins*

178 'MY ANOREXIA WAS SO DEEPLY EMBEDDED...'
How *Emily Faber* fought her way back to happiness

180 TREATMENTS
Let there be (laser) light

181 MY CLOSE-UP; & PURIST VS TOURIST
Charlotte Casiraghi's Grimaldi glamour, by *Katie Thomas*; and the Bacchic spas that will bathe you in booze

182 BEAUTY FLASH
Beige takes centre stage. *By Francesca White*

TRAVEL

185 RELAX...
... you're only in the most glamorous place in the world: Mustique. By *Kate Reardon*

190 BLUE SKY THINKING
Decisions, decisions – do I let Antigua's Carlisle Bay make them all for me or not? Hell yeah, says *Claudia Winkleman*

EVERYTHING ELSE

86 IT LIST
Mariella Tandy's cream of the crop

195 BYSTANDER
Bop till you drop

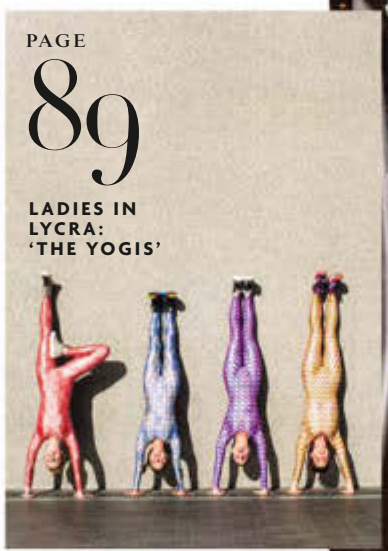
218 ADDRESS BOOK

AND FINALLY...

BACK PAGE
WHAT'S IT LIKE TO BE...
...Snowy, Michael Gove and Sarah Vine's bichon frisé? By *Deborah Feldman*



PAGE 195
BYSTANDER: 'LITTLE MONSTER MASH'



PAGE 89
LADIES IN LYCRA: 'THE YOGIS'

ON TATLER.COM THIS MONTH

- **Move over, Suki.** Covergirl Imogen Waterhouse reveals all in our behind-the-scenes film
- **They're not all balding.** A selection of the best royal hairstyles ever
- **Show us your fancy pants!** A bumper gallery of costumed toffs at play





PAGE 185
MUSTIQUE, C'EST CHIC

PHOTOGRAPHS: WILL SANDERS, ANTOINETTE EUGSTER, HUGO BURNAND

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What's on their minds this month?



JOHN AKEHURST

John photographs some truly hair-raising jewellery (page 76)

What's your signature dance move? Kate Bush.
What's your go-to fancy-dress costume? Anything with a cape.
What's the phrase or word you overuse the most? Basically, at the end of the day, when all's said and done, I try to avoid catchphrases.
What's the best chat-up line you've ever heard? 'Hello.'



MARCIN TYSZKA

Marcin photographs our favourite fashion muses (page 118)

What's your signature dance move? Latin dances are in my blood – just play some Latin music and I'll be the first on the dancefloor.
Which super-power would you most like to have and why? To be able to fly – I hate waiting in airports.
What's your worst habit? I'm addicted to mayonnaise. I add it to everything I eat.
What's the phrase or word you overuse the most? 'Beautiful.'



MARY KILLEN

Mary on why toffs just can't resist a bit of fancy dress (page 130)

What's your signature dance move? Arrhythmia.
What's your worst habit? Being a bag woman.
What never fails to make you laugh? Craig Brown's 'Brownton Abbey'.
If you could get away with one crime, what would it be? Speaking freely.



JAMES MERRELL

James photographs the old-school grandeur of Sandon Hall (page 163)

What's your favourite joke? There was a man who sent 20 puns to his friends, hoping that at least 10 would make them laugh – no pun in ten did.
What would be your death-row meal? As Camus said: 'Shall I kill myself or have another coffee?'
What's the phrase or word you overuse the most? 'Can I have another coffee, please?'



NASHER AND DAISY

Nasher and Daisy provide the ultimate welcome for our Hippophiles' Lunch (page 200)

What's your favourite joke?
Nasher: A pony walked into a bar... ouch!
What's your best memory? Daisy: Wearing Hermès at the Connaught – I knew my day would come.
What's the best chat-up line you've ever heard? Nasher: 'Nice ass!'
Which super-power would you most like to have and why?
Daisy: I'd like longer legs. I could have been a model, you know.



SHELAGH CROFTS

Condé Nast's classified director is the queen of the back pages

What's your favourite joke?
Radioactive cats have 18 half-lives.
What's your earliest memory?
Being first in line on my first day at school (I hate to be at the back of a queue).
What's the best chat-up line you've ever heard? 'I love shopping and don't like football.' (Later discovered not to be true.) □

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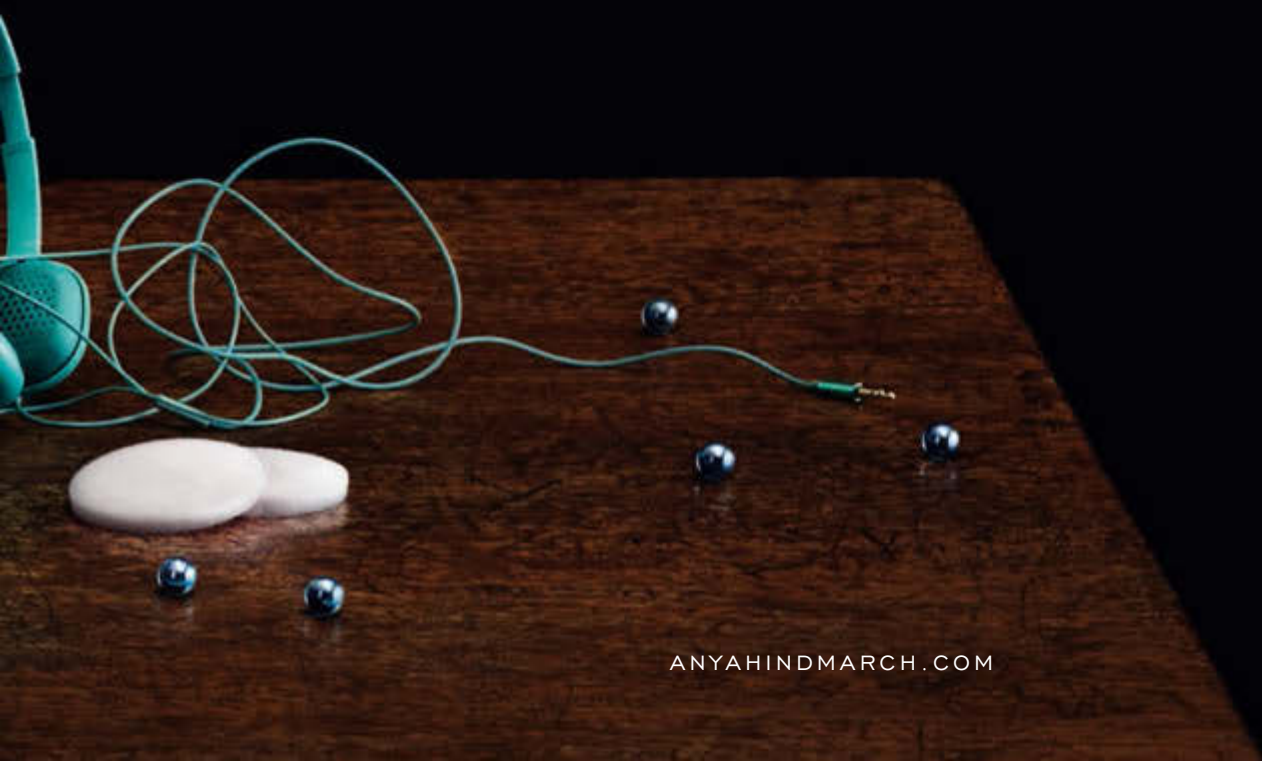

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I'M STUCK ON YOU!

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HERE'S LOOKING AT... MATTHEW MONEYPENNY

Matthew Moneypenny is having an identity crisis. On the outside he's a smooth, white-toothed American master of the universe who lives in the West Village and holidays in the Hamptons. But inside lurks a hoary English country gent who wears nothing but old tweed and spends all day trimming his borders. 'I don't think of myself as American,' he says. 'I'm actually a bit Welsh, a bit Irish and the rest of me is English.' And, yes, that too-good-to-be-true name is linked to James Bond's straitlaced secretary – the story is that Fleming named her after Matthew's great-aunt. 'It was a tough name growing up – so much teasing.' As the CEO of Trunk Archive – 'the Harvey Nichols of image licensing' – he spends his time zipping between New York, London, LA and Paris, making deals with the world's top photographers. He's got all the biggest names on his books: Bruce Weber, Nick Knight, Lord Snowdon. 'I don't know what I'd do if I didn't work. I'll probably be the guy who has to have his phone prised out of his cold, dead hand.' He relaxes by gardening, whether that's at his Southampton cottage (on Long Island, not the English coast) or tending to the temperamental house plants in his apartment: 'I use a pair of women's cosmetic scissors to trim every one.' ***Luciana Bellini***

MATTHEW MONEYPENNY WEARS HIS OWN CLOTHES.



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DON'T YOU WISH YOU'D WORN THAT? KEYHOLE DRESS

There are two kinds of thin: standing-up thin, and sitting-down thin. Work out which – if either – you are before going anywhere near a keyhole dress. Because if you are only standing-up thin, you cannot go out to dinner in a keyhole dress. You can only go somewhere you will... stand up. All night.

When it comes to sitting down, the keyhole dress is not democratic. Sitting down is when rolls appear. And almost everybody has them.

So these frocks make for good red-carpet trickery. People will assume that the wearer is athletically lean, possessed of a six pack and virtually fleshless. Because no one ever sits down on the red carpet. And if you sit down at a premiere, there are no paps, and you can always hide your little flesh pillow with your programme. There are no keyhole dresses at the Oscars because they film you in your damn seat.

So. Which one are you? ***AR***

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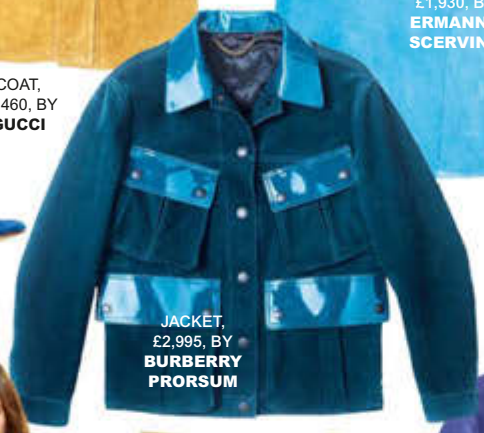
TOP, £960, BY **ERMANNO SCERVINO**



SHIRT, £1,930, BY **ERMANNO SCERVINO**



SHOES, £495, BY **GIANVITO ROSSI**



JACKET, £2,995, BY **BURBERRY PRORSUM**



PIN-UP
'Shit, there's a huge bull over there'



GUCCI S/S 15



CHLOE S/S 15



TROUSERS, £1,990, BY **RALPH LAUREN COLLECTION**



BELT, £130, BY **PAUL SMITH**



JACKET, POA, BY **BLUMARINE**



SKIRT, POA, BY **BLUMARINE**



DRESS, £2,350, BY **JITROIS**



CHANEL S/S 15

BAG, £2,700, BY **ASPREY**

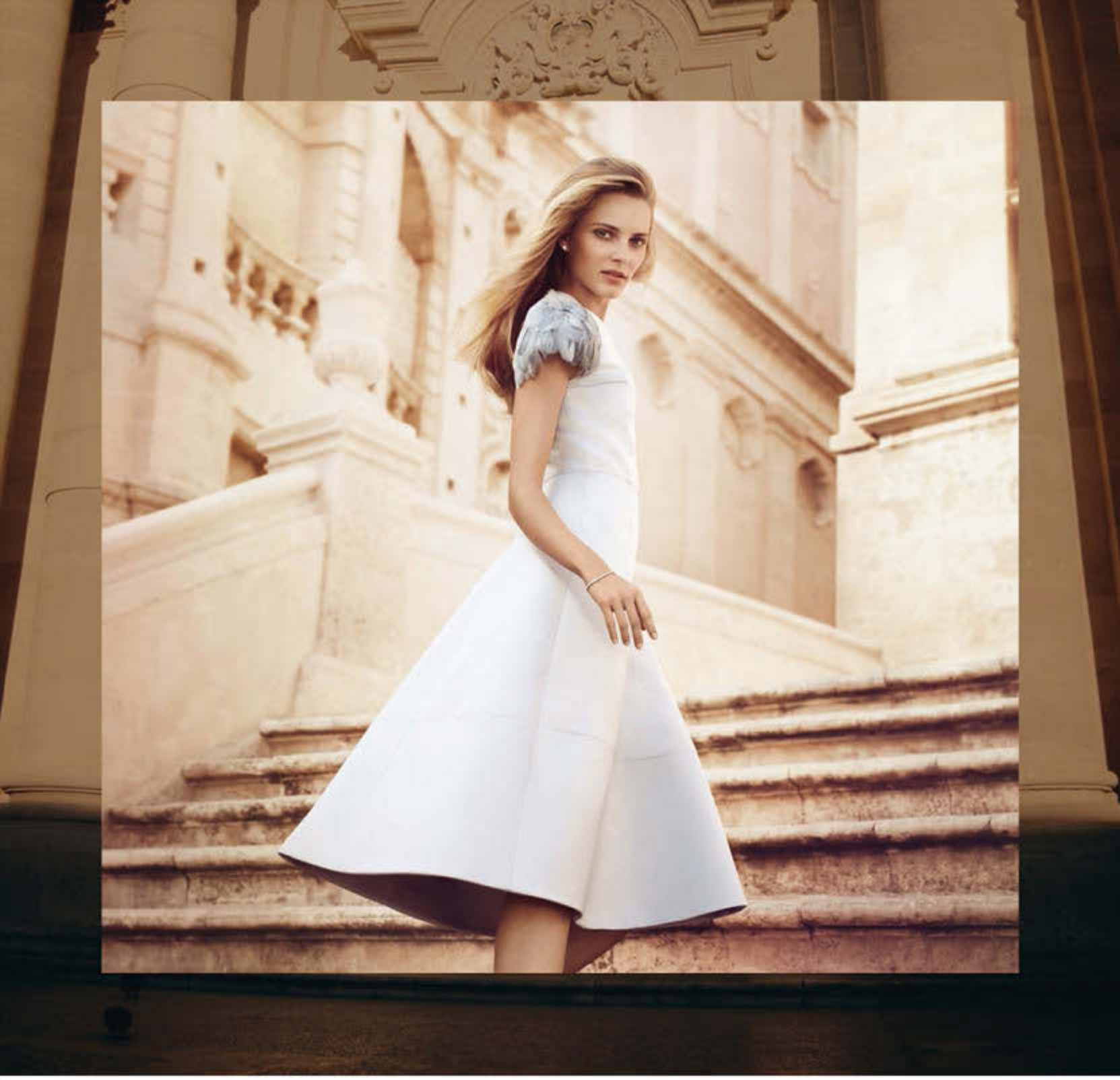


ALTUZARRA S/S 15

Suede

Well, it's not wipe-clean, so – like winter white – suede is one of those choices that make you look rich. Remember that there is cheap suede – crunchy and bald and stinking of cow. Then there is high-end suede: buttery and mellow and responsive to meticulous tailoring. And that spendy-suede is everywhere; all soft and slinky but tailored and precise. The Seventies vibe that suede tends to channel is there, but as influence rather than direct steal. Large coats and overlong waistcoats? Not so much. Waisted dresses, hot skirts and perhaps a city short? Bring it. ***AR***

STILL-LIFES: JODY TODD. PHOTOGRAPH: REX FEATURES



DAKS

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PIN-UP
'Get off my f***ing paw, you stupid woman.'

EMBOSSED LEATHER BAG, £650, BY **JIMMY CHOO**

COTTON & LACE SHORTS, £2,405, BY **ROBERTO CAVALLI**

CALFSKIN SHOES, £445, BY **TABITHA SIMMONS**

MACRAME CANVAS DRESS £2,180, BY **ERMANNO SCERVINO**

COTTON JUMPSUIT, £1,900, BY **EMANUEL UNGARO**

CROCHET BOOTS £1,425, BY **CHANEL**

MACRAME SILK SKIRT, POA, BY **MONCLER**

COTTON DRESS, £947, BY **JUST CAVALLI**

COTTON SKIRT, £295, BY **KATE SPADE NEW YORK**

COTTON & LACE T-SHIRT, £2,040, BY **ROBERTO CAVALLI**

COTTON BLOUSE, £1,240, BY **GUCCI**

ISABEL MARANT S/S 15

CHLOE S/S 15

OSCAR DE LA RENTA S/S 15

VALENTINO S/S 15

Broderie anglaise

When you think of broderie anglaise, you think of pillowcases, right? Or maybe sundresses. THINK AGAIN. Broderie anglaise has gone over to the dark side. *Le côté sombre*. It is a double bluff because broderie anglaise is still white! Aha! But it is difficult and sheer and laser-cut and awkward, and really rather lacking in the winsome department. It is broderie anglaise *pour la brave*. It is not for frolicking, it is for prowling. It is for dark witches posing as white witches. *Les sorcières noires*... and so on, and so forth. ***AR***

STILL-LIFES: SUDHIR PITHWA. PHOTOGRAPH: ALUN CALLENDER/CONDE NAST


DYLAN PENN
ERMANNO SCERVINO
198-199 Sloane Street London
shop.ermannoscervino.it


SUEDE BAG, £1,235, BY **SAINT LAURENT BY HEDI SLIMANE**


LEATHER BAG, £455, BY **EMPORIO ARMANI**


LEATHER BAG, £2,050, BY **CHANEL**


LEATHER BAG, £850, BY **SALVATORE FERRAGAMO**

PIN-UP
'It's not easy being a fashionable astronaut'




LEATHER BAG, £126, BY **MILLY**


LEATHER BAG, £2,047, BY **LOUIS VUITTON**


LEATHER BAG, £7,900, BY **JITROIS**


PYTHON & CALFSKIN BAG, £1,400, BY **BADURA**


LEATHER BAG, £1,200, BY **MULBERRY**


CALFSKIN BAG, £2,000, BY **DIOR**


SNAKESKIN BAG, £625, BY **JIMMY CHOO**

Chain bags

Time was when chain straps on black bags were all the rage. Then they just weren't. For a while. They were a sign that you didn't know what you were doing. Unless they were Chanel. Because there's always an exception. Anyway, the chain shoulder strap is back in full force – but don't be wheeling out the oldies from the tissue-packed depths of the wardrobe. They will not do. Fashion is not your friend, remember. Fashion demands that this time the chain strap be attached to a deranged maniac of a bag; one appliquéd (by an angry magpie) or shiny-skinned or Corbusier-inspired or emerald-coloured. It's madness. With a chain. ***AR***


LEATHER BAG, £1,550, BY **ROGER VIVIER**


PONY-HAIR & LEATHER BAG, £525, BY **MAX MARA**


LEATHER BAG, £957, BY **PAULA CADEMARTORI**

STILL-LIFES: SUDHIR PITHWA. PHOTOGRAPH: MIKE REINHARDT/CONDE NAST ARCHIVES

Russell&Bromley



The Minx wedge by Stuart Weitzman
www.russellandbromley.co.uk



ORGANZA DRESS, POA, BY **JOHN GALLIANO**. DENIM TRAINERS, £203, BY **MINNA PARIKKA**

THE SHOES THAT THINK THEY'RE RABBITS

Photographed by WILL SANDERS

FOR STOCKISTS, SEE ADDRESS BOOK. NAILS BY LEANNE HARRIS AT NAILS BY BAPTISTE AGENCY, USING CHANEL S 2015 & BODY EXCELLENCE HAND CREAM. MAKE-UP & BODY SKINCARE BY EMMA WILLIAMS, USING JURLIQUE. MODEL, MONI AT M+P MODELS. STYLED BY AILSA MILLER



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PLATINUM & DIAMOND NECKLACE (WORN IN HAIR), £199,500, BY **TIFFANY & CO**. WHITE-GOLD & DIAMOND EARRINGS, POA, BY **CHOPARD**. PLATINUM & DIAMOND NECKLACE, POA, BY **BULGARI**. SILK-CREPE DRESS, £1,820, BY **LANVIN**

Styled by
DEEP KAILEY
& ALICE EDWARDS

Photographed by
JOHN AKEHURST

BIG HAIR, BIG JEWELS

Our work here is done...



PLATINUM, DIAMOND & SAPPHIRE EARRINGS, POA, BY **BOODLES**. WHITE-GOLD, DIAMOND & SAPPHIRE NECKLACE, POA, BY **VAN CLEEF & ARPELS**. PLATINUM & DIAMOND BROOCH, POA, BY **HARRY WINSTON**. ORGANZA TOP, £574, BY **DONNA KARAN**. EAR STUD, MODEL'S OWN



PLATINUM, DIAMOND & SAPPHIRE EARRINGS (JUST SEEN), POA, BY **HARRY WINSTON**. WHITE-GOLD, DIAMOND & SAPPHIRE NECKLACE, POA, BY **CHATILA**. PLATINUM & DIAMOND BRACELET, £97,500, BY **TIFFANY & CO**. PLATINUM, DIAMOND & SAPPHIRE BRACELET, POA, BY **HARRY WINSTON**. SILK TOP, £135, BY **BAMBAH**



Mila Kunis photographed by Peter Lindbergh

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GEMFIELDS



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MILLY
SHOP AT MILLY.COM



WHITE-GOLD & DIAMOND BROOCH (WORN IN HAIR), POA, BY **BOUCHERON**. PLATINUM, GOLD, DIAMOND & EMERALD RING, POA, BY **BOODLES**. WHITE-GOLD & DIAMOND BRACELET (JUST SEEN), POA, BY **DE BEERS**. ORGANZA DRESS, £4,900, BY **FENDI**



PAULSMITH.CO.UK



WHITE-GOLD & DIAMOND EARRINGS, £142,850, BY **CHANEL FINE JEWELLERY**. WHITE-GOLD, DIAMOND & RUBY NECKLACE, POA, BY **ADLER**. PLATINUM, DIAMOND & RUBY BRACELET, POA, BY **GRAFF**. JACQUARD DRESS, £3,163, BY **GIVENCHY**

FOR STOCKISTS, SEE ADDRESS BOOK. HAIR BY PANOS AT CLM HAIR & MAKE UP, USING BUMBLE AND BUMBLE. MAKE-UP BY ZOE TAYLOR AT JED ROOT, USING CHANEL HYDRA BEAUTY MICRO SERUM AND SPRING MAKE-UP 2015. NAILS BY MICHELLE CLASS AT JED ROOT, USING CHANEL LE VERNIS IN 18 ROUGE NOIR AND BODY EXCELLENCE NOURISHING AND REJUVENATING HAND CREAM. MODEL, JENA GOLDSACK, AT MODELS 1. PRODUCTION, ELLE KORHALILLER. FASHION ASSISTANT, EVA RAMIREZ

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EYES WIDE OPEN

Imagine if your eyelashes had their own Wonderbra, lifting and separating each lash to make them appear curlier, thicker, more defined. WELL! Gather round, because **Benefit** has, of course, been the one to meet this challenge. Its Roller Lash mascara, £19.50, 'locks and rolls' lashes to make your eyes look bigger and better – be prepared to provoke the admiring gasps of other women, to bring men to their knees and possibly to cause car crashes. *benefitcosmetics.co.uk*

So this is lovely news and you need to start getting excited. The beloved Urban Retreat MediSpa at Harrods has had a makeover – and now it wants to give you one. Drop everything and rush over there straight away for ear piercings, semi-permanent make-up and all manner of non-surgical beauty procedures – then emerge looking like you did before, just EVEN better. Make-up that doesn't smudge! Sparkly ears, etc! urbanretreat.co.uk/harrods/medispa



CHIC 'N' SLEEK

This **Amishi** clutch, £89, has something rather decadent and retro about it, which may make you clasp it even more proudly to your breast as you flash it about at a party. Fortunately, it's not one of those ones that you can barely squeeze a credit card into. There's room for the essentials – keys, fags, phone and (just in case it turns into one of *those* nights) your passport. *amishi.london*



BALANCE THE SCALES

Be under no misapprehension. **Armani** has got your number when it comes to bags that you'd probably swap AT LEAST one child for. And that's no mistake or coincidence. They know the allure of the bucket bag. Just give in. Embossed leather bag, £1,590. *armani.com*



LOOK LIVELY

Oh no, you're not putting on your thousand-wash-grey bra AGAIN, are you? It's spring, remember? There are daffodils shooting up everywhere and lambs hopping about in green fields. Shake off that inertia and find the beauty within (in your underwear drawer, that is). We suggest you start with this **Intimissimi** lace set. Bra, £32; knickers, £14. *intimissimi.com*



PAVE THE WAY

After extensive research, we have concluded that nothing restores cheer like a white-gold and pavé-diamond bangle, £12,800, from **Messika**. We heart this one, particularly as the large diamonds move around the bracelet. *harrods.com*



ROYAL MARINE

Everyone knows that seaweed is marvellously good for the skin, which is why we are squeaking with excitement over the launch of **Ishga**, a new, all-natural seaweed-based beauty brand, made in and harvested from Scottish shores. So if you want to give your circulation a workout and tighten your pores, all while being lavished with antioxidants, you know what to do. From £15. *ishga.co.uk*



NEW KID ON THE BLOCK

Thank you, **Russell & Bromley** block heels, £195, for allowing us to enjoy wearing heels. No stabbing pain in the balls of our feet, no breaking of ankles as we run after cute boys, no getting stuck on escalators and falling flat on our faces when we get to the bottom. *russellandbromley.co.uk*

It List

by MARIELLA TANDY

NAILED IT!



Gosh, your nails are going to be pleased once they get wind of this. Titans of fashion **Dolce & Gabbana** are waving their magic wand over the world of nail varnish, with 41 devastating shades in their Nail Lacquer range. Not only will your fingers and toes get the chance to play host to the latest colour trends, they'll also benefit from the hardwearing formulas that contain lovely strengthening proteins. Our cup runneth over. £19.50. *harrods.com*

PEARL JAM

It's not hard to be fond of pearls. It's even less hard to be fond of pearls that come surrounded by diamonds, like these **Mikimoto** cultured white South Sea baroque-pearl and diamond earrings, POA. *mikimoto.co.uk*





GOLD STANDARD

If Cinderella were around today, she would most certainly NOT have left one of these golden **Chanel** leather shoes, £690, on the steps, no matter what the guy's title was. They're already a hot favourite (their appearance on the catwalk immediately started a waiting list), so get ready to see them take over this summer. *chanel.com*



NAVY LARKS

There's something extremely smart and rather mysterious about navy. The same could be said for this **Aspinal** duffle bag, £395, with its flashes of gold. What dost thou hide in its pockets? Whence dost thou travel with it? *aspinaloflondon.com*

TOGETHER FOREVER

Cross-body bags are tremendously de rigueur and we are particularly fond of this Ricky calfskin version in olive, £995, by **Ralph Lauren**. Sling it on and go about your business freely, letting the sun bounce off the lovely gold clasp while you dip in and out of it, quite safe in the knowledge that you're not going to leave it in a cab because it's literally attached to you. *harrods.com*





IN THE MIX

Spots and stripes in navy and white. Made of silk and beautifully tailored. By **CH Carolina Herrera**. Isn't it the jolliest outfit you ever saw? Blouse, £180; trousers, £230. *carolinaherrera.com*

GEE WHIZZ

If your skin is looking, well, a little bit meh, you've got a serious treat in store. Skin magician **Sarah Chapman**'s spanking new Rapid Radiance Cleanse, £29, can zing up your complexion in a mere two minutes. The result will be skin that glows like a happy three-year-old just out of the bath. *sarahchapman.net*



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About Town

Photographed by WILL SANDERS

THE YOGIS

OMG. Could it really be? The Power Rangers reincarnated! Only sexier? Shinier? And stretchier? Close, but no – these girls are actually a quadruplet of yoga teachers whose (super) powers come from deep within. Zoe Warren, *second from left*, can release anxiety by simply slipping into the King Pigeon pose; Nicola Seagroatt, *far left*, can 'make anyone laugh even on the dreariest day' by popping into the Happy Baby position; Mischa Varmuza, *second from right*, finds freedom in a handstand; and Lady Eliza Pelham, *far right*, 'loses all her inhibitions' the very moment she practises yoga. In her former incarnation as a nursery-school teacher at Miss Daisy's in Chelsea, Zoe was known to spread previously unheard-of peace and calm in a classroom of three-year-olds with her breathing exercises. She did recently fall out of a tree while practising poses – but, like a cat, she landed unscathed. Beware, though! Zen as this quartet may seem, stopping the girls from getting their daily yoga fix is akin to waving kryptonite in front of Superman: no longer will Eliza feel 'awesome'; no longer will Mischa be 'centered' – in fact, she'll be positively 'ruffled'; as for Nicola, she'll be distinctly 'creaky and off kilter'. And Zoe? Well, she won't be 'ready to face the world'. And we can't have that. ***Tibbs Jenkins***

ALL WEAR LYCRA CATSUITS, £120 EACH, BY EIKAT. TRAINERS, *FROM LEFT*, £70, BY ADIDAS ORIGINALS X RITA ORA; £220, BY MINNA PARIKKA; £95, BY ADIDAS ORIGINALS; £140, BY NIKE. HAIR BY NICKY TAVILLA, USING BUMBLE & BUMBLE. MAKE-UP BY EMILY McEWAN, USING KIEHL'S. STYLED BY AILSA MILLER. CONTACT LADY ELIZA PELHAM AT ELIZAPELHAM.COM; NICOLA SEAGROATT AT NIKNAKYOGA@GMAIL.COM; MISCHA VARMUZA AT MISCHAVARMUZA.COM; ZOE WARREN AT ZOEYOGA.CO.UK

THE SLIPPER KING

Newsflash! Hot young thing revamps fusty velvet footwear...

Think of a velvet slipper and what springs to mind? Probably not a handsome chap fresh out of Radley running a booming business. That's because Archie Hewlett is no ordinary slipper king. He has taken fashion's fustiest footnote and made it sing. 'Velvet slippers have an image problem,' he says. 'That was the whole reason we started this.' When he says 'we', what he really means is 'I' – the twentysomething turned down a place at Durham and created Duke & Dexter last year. In the past three months, they've sold to 65 countries. D&D gets about 300 new followers on social media every day. Home is a flat in Earl's Court, but the enterprise is run from a barn near his parents' home in south Oxfordshire.

The idea came to him when he wanted a pair of smart shoes for a party and couldn't believe that velvet slippers cost more than £200. Now he sells his own for between £95 and £125. There are leopard-print versions and camouflage, while for plain colours he prefers a shorter velvet 'for a less glossy effect – more like a matte-painted car'. Jeremy Piven is a fan, as is Poppy Delevingne. Yup – he makes them for women too. And the weirdest thing of all? Nobody knows Archie is behind it. 'I haven't told any friends except for my housemates,' he says. 'It's funny when friends place an order and have no idea.' Er, do they read *Tatler*? He gives a nervous laugh and admits that they do. Something tells me Archie's empire won't be a secret for much longer. ***MB***



Photographed by IMMO KLINK

Funny chap, Prince Albert. We don't know if he actually had a piercing in his penis, though the name has stuck, so he might as well have. What we do know is that Queen Victoria's short-lived consort loved his velvet slippers. So much so that in some circles they're known as Prince Alberts.

Back in the 19th century, the streets were paved with horse poo. To step inside your home after a hard day's running the empire required a change of footwear. Which is why the velvet slipper was created – as a svelte, furry little friend. Formal yet snuggly, ideal for padding about your Persian carpets. Despite their bedtime appearance, they are as sturdy as a shoe, and have, since the mid-19th century, been an acceptable kind of formal wear. As Hardy Amies, late couturier to the Queen, wrote in *ABC of Men's Fashion*: 'Grandest of all are velvet slippers, with your monogramme or crest embroidered in gold thread. These you can dine in, at home of course.'

Well, you could. Trouble is, these days they're a bit of a no-no. No longer do men dine in gangs, dressed in black, chucking their womenfolk out after pudding. Thank goodness. Like the cheese savoury, the velvet slipper is a relic of old dining habits, which is how some feel it should stay. 'I'm sure the velvet slipper has had its moment,' says Peter York, co-author of *The Official Sloane Ranger Handbook*. 'I just can't quite think when it was.'

Like the cheese savoury, the velvet slipper is a relic of old dining habits

Perhaps it was in the Fifties, when Clark Gable could make anything look glamorous. He wore them with coloured socks and a simple shirt and got away with it. Steve McQueen pulled them off – and Robert Kennedy wore them for casual photoshoots at home. According to Philippa Stockley, a clothing historian and author of period novels, velvet has long been worn on the uppers of men's shoes. 'From the court of King Henry VIII to Venice in the 16th and 17th centuries, fine silk velvet would have been crafted into the uppers of handmade footwear for the nobility,' she says. 'It would mainly have been worn indoors, though if a king wore a pair of shoes out walking, it hardly mattered. But one should point out that, on the battlefield, kings wore armour, not velvet shoes. All shoes should be worn with a degree of propriety, unless one intends to draw attention to oneself.'

Which is where the problem lies. In more recent times, the Prince Albert slipper has been adopted by the signet-ring-wearing classes. It speaks of slick hair and cigar smoke, of faintly bogus double-barrelled names. It comes in gigolo reds and purples and bottle greens, though if you want to play safe, black or blue is quite wanton enough. 'You've got to have nerves of steel to wear them,' says Peter York. 'I'm sure they're the latest thing in Riyadh.'

And yet, for all their blingy flashness, velvet slippers have enjoyed a revival. Their awfulness has been acknowledged, irony has been embraced – and the world has moved on. Perhaps it was Tinie Tempah who swung it. The dapper young rapper ripped up the rule book and wore them with turn-ups and a T-shirt, and suddenly they were cool. Other bright young things followed – Eddie Redmayne, Ed Westwick – and now we love their louche nod to nobility. The Duke of Cambridge teams his black tie with a pair of simple black velvet slippers – no crest, obviously – and manages to look regal and jaunty at the same time.

Long-established manufacturers like Tricker's, Church's, Bowhill & Elliott and Crockett & Jones have seen sales surge and have been joined by edgier designers like Tom Ford and Alexander McQueen. In America, Stubbs & Wootton offers a jazzy range at its Palm Beach store, selling a thousand wacky permutations, featuring skiers and dwarfs and coronets. One pair features a screw on one shoe, the word 'you' on the other. Get it? They offer a bespoke service if you can't find what you want.

Over here, Archie Hewlett is the undisputed slipper king. His company, Duke & Dexter, makes slippers with their tongue firmly in cheek. Some even feature ducks in flight. They are aimed at hip young blades who don't take themselves too seriously.

As to whether they should be worn with socks or not, Hardy Amies would have said 'with', Tinie Tempah 'without'. Take your pick. The main thing is to wear them with style, and that means not too often – and with a sense of humour. 'These shoes are designed for indoors or light wear,' says Stockley. 'There's no reason not to wear them outside as long as it's dry – but they are not hiking boots. And scuffed velvet always looks bad.' Just think carefully before you put on a Prince Albert – on your feet or anywhere else. ***MB*** ▷

VELVET STUDS


TINIE TEMPAH



KANYE WEST


ROBERT KENNEDY


THE POPE


LORD LUCAN



STEVE McQUEEN


CLARK GABLE


EDDIE REDMAYNE


ROB SHEFFIELD



THE DUKE OF CAMBRIDGE





£125, BY **DUKE & DEXTER**

CREST LOVE

Rapper Kanye West is a zealous champion of velvet slippers, even advising US firm Stubbs & Wootton on its designs. 'We do a lot of crests,' says Percy Steinhart, owner of Stubbs & Wootton. 'And Kanye loves crests.'



£595, BY **NEW & LINGWOOD**

STILL-LIFES: SUDHIR PITHWA. PHOTOGRAPHS: REX FEATURES. ARCHIE HEWLETT WEARS SUEDE JACKET, POA, BY FENDI. COTTON T-SHIRT, £175, BY KRIS VAN ASSCHE AT HARVEY NICHOLS. LINEN SLIPPERS, £125, BY DUKE & DEXTER. *BACK ROW*, LINEN SLIPPERS, £125; VELVET SLIPPERS, £95, £110, £125, £110, ALL BY DUKE & DEXTER. *FRONT ROW*, CALFHAIR SLIPPERS, £125; VELVET SLIPPERS, £110, £125, £110; LINEN SLIPPERS, £125; VELVET SLIPPERS, £125, ALL BY DUKE & DEXTER. HAIR & MAKE-UP BY CELINE NONON AT TERRI MANDUCA, USING GIORGIO ARMANI COSMETICS AND KERASTASE BY L'OREAL. STYLED BY AILSA MILLER



£250, BY **NEW & LINGWOOD**

VATICAN VELVET

Popes have long been fans of *pantofole*. (Well, most of them.) Until 1969, the papal slippers were made of red velvet or silk, and decorated in gold braid. But then Paul VI abolished them, preferring plain red leather. Pope Francis is humblest of them all, in black leather slip-ons.



£325, BY **MY SLIPPERS**

SLIPPER SWAGGER

Fact Velvet slippers are the smartest thing to be seen wearing at Glyndebourne.
The reason? It shows you are staying in the house.
Mega swanks.



£175, BY **MY SLIPPERS**



CAN VELVET SLIPPERS EVER BE SEXY?

What do we see when we see a man in velvet slippers? A dreamboat? A joke? A future husband? A future anecdote? A fashion plate? A cautionary tale? Well, that depends on the slipper. And the man. And the ankle. A finely turned ankle is one thing – a spindly, delicate, sinewy little joint is quite another. His ankles, like his wrists and his waist, should be bigger than ours. Whilst his bum should always be smaller. We do not want a paramour with childbearing hips.

Anyway. I digress. Slippers. So hard to stay focused on slippers. The idea of them is... dull. But when they are in front of your very eyes, they are focus pullers. A man knows that they will be noticed and that knowledge in itself is enough to make some men seem... umm... a bit dickish. Oh, but this is tricky territory. Here are some rules: don't wear your father's whether he is alive or dead. It's creepy. Re-cut his suits. Flash his cufflinks. But do not wear his slippers. It's not poetic. Women find that kind of ancestor worship hard to take. Even (perhaps especially) in a duke. From a woman's point of view, men can only wear velvet slippers if they are clever. Fact. Because then there is a kind of built-in irony. They look best on a man being brilliant. But generously so. Not cockishly so. A clever man in jeans and a shirt and velvet slippers over supper at a house party making you think about the world slightly differently. That's what we're after.

Is it possible to fancy a man in a smoking jacket? Not easy, but certainly possible. A velvet jacket *and* a velvet slipper? Oof. It's like being slapped round the face by the empire. He's just not going to be good in bed. And he's probably a hedgie on a corporate shooting weekend who arrived by helicopter. So if 'lifestyle' rings your bell, then... he's pulled.

And – from the female perspective – when it comes to what to put on your slipper by way of decoration, there is a very simple answer. Nothing. Nada. No exceptions. Crest? Why not wear a fucking crown and carry a whip? Initials? I can't believe you're asking me that. Skull? Over. Witticism? Cancelled out by the fact you felt the need to wear it. Pheasant? Assume you're Russian. Palm tree? Welcome to *La Cage aux Folles*. All actively contraceptive. The only thing that could work in a man's sexual favour is a discreetly contrasting piping. Navy blue with a dark green or burgundy piping. On a clever man. In winter. We probably would. ***AR***

TRAD

Tricker's
Church's
Bowhill & Elliott
Hardy Amies
Crockett & Jones
Foster & Son
Cleverley
Brooks Brothers



BOWHILL & ELLIOTT

WHERE TO BUY YOUR SLIPPERS



TOM FORD

Tom Ford
Del Toro
Versace
Louis Leeman
Alexander McQueen
Dolce & Gabbana
Stubbs & Wootton
Duke & Dexter

MODERN

STILL-LIFES: SUDHIR PITHWA. PHOTOGRAPH: HULTON ARCHIVE/GETTY IMAGES


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SAUCY!

Take one nutty ginger, add a good helping of culinary genius and a sprinkling of sparkling society chums, and you get everybody's favourite dish – Heston Blumenthal.

By Annabel Rivkin

Heston meeting the Queen, 2012

'What about when you need a poo in space?' asks Heston Blumenthal, all lit up with the sheer pertinence and grippingness of the question. Because Heston is, if nothing else, interested. Diverted. Compelled. Captivated by a broad spectrum of subjects, from the highbrow to the scatological. It is this, perhaps, that makes him such fizzy, wide-eyed company.

'Well, apparently they have kind of vacuum cleaners,' he bowls along, 'and the knack is to push and push and push, and then there's a point where you hand over to gravity.' And to think it all started so well...

I walk in on a tasting in his offices across the road from the Fat Duck (molecular gastronomy, Michelin stars – his flagship alongside Knightsbridge's less crazy but very haute Dinner), which is the dream, basically. There are various glasses and pots and bubbling nitrous oxide (I'm sure that's wrong, but it's something misty and scientific) dotted around on trays as Heston and his team work on a hot chocolate for a food festival at a ski resort: a brown-bread hot chocolate with a cognac cloud, served with a Florentine biscuit that looks like a fat Kit Kat but is tinglingly laced with white truffle. Vinegar is added to the hot chocolate because Heston thinks it might balance out the richness. Which it does. He pauses. He adds a sprinkling of sea salt. And something memorable is created. I can still taste it.

And I can still see Heston: meaty and ginger and bespectacled and kind of sexy, actually. He's not naturally bald, but shaves his head because his red hair is insanely thick and he is a sweater – 'I mean, I am a massive, massive sweater' – and he can't wear contact lenses because not so long ago, whilst

ragging with his best friend, ex-Arsenal player Lee Dixon, he was stabbed in the eye by a bleach-coated loo-brush bristle and something toe-curling and rather complicated happened to his cornea.

He is not hard to spot. In fact, he's rather hard to avoid, what with the TV shows and the books and the vulgarity of Michelin stars and, notably, the newfound party habit that sees him being almost violently embraced by society's luminaries, from Matthew Freud to Jeremy Clarkson and Simon Le Bon. Because he's kind of blokey, is Heston. Although, I suspect, rather squishy on the inside, underneath all the metal poles and plates and discs that hold his constantly shattered speed freak's body together. He's everywhere, from Lord Edward Spencer-Churchill's 40th to dinner at Riva (London gourmands' badly kept secret) with A A Gill and Nicola Formby, to Jimmy Carr's splashy Swiss Cottage shindigs and Richard and Rebecca Bacon's Belsize Park dinner parties. 'Heston is locked in a perpetual state of childhood,' says Richard, himself something of a Peter Pan. 'Like me, he gets really excited about almost nothing and we both think we're having the best day of our lives twice a week. We are always joint last to leave every party. I love people who burn brightly, are a bit naughty, love life and stay late. I love Heston.'

Perhaps Heston at 48 is reliving his 30s, when he used to work 120-hour weeks, scraping by on 15 hours' sleep in seven days, geeking out on all things gastronomical, surfing on the adrenalin it takes to run a radical new business (the Fat Duck in Bray, home of snail porridge and crab ice cream, opened in 1995), losing his temper and chasing people with meat cleavers or dragging them out of their cars (so much therapy since then), and getting so tired that he once tried to light a blowtorch with a cold tap. He was also married with three small children. He is no longer with his wife Zanna – although not quite divorced yet – and hangs out with the American actress turned cookery writer Suzanne Pirret, with whom he seems besotted. She calls him 'Taz', short for Tasmanian Devil, because of his nutty energy, and they have very different approaches to excess. 'Suzanne drinks three glasses of wine and worries she's an alcoholic,' he says. 'I just have a system that flushes stuff through. I had one of those Bupa checks and my liver function is great, but my testosterone is low. Apparently, my pituitary gland is producing it but not talking to my testicles. So the doctor said, "Thank God. You're like this with low testosterone? If your testosterone was high, then it would be unthinkable."' I don't know how we ended up here. Yet again. But I do remember where the poo segue came from...

He is working to produce space food for Timothy Peake, the British astronaut who will be launched into the Milky Way in November. It all has to be tinned and Heston would dearly like to produce a tinned sandwich that emerges perfect and non-soggy, 'because when you're all the way up there for six months, as a bloke, you crave a sandwich'. This project presses all Heston's buttons. He gets to speak to the emotional side of food by working through some of Tim's childhood memories – 'There was a fishing trip to Alaska and there were lots of sausages, so we're trying to do bangers and mash, the idea being that the food can root him back to his home.' He also gets to be hung upside down and fed chillies to see how that affects the tastebuds, and he's heading off to Germany to try eating 'in something in between a vomit comet and a zero-G machine', which speaks to his thrillseekery. Then there's the science of rocket food, which he explains enthusiastically and which falls on my deaf ears. But for a lad who wasn't too hot at school (he started at Latymer in west London and ended up in grammar school when his parents moved from Edgware Road to Buckinghamshire), he has a powerful grasp of the academic. He is working on an exhibition called *Gut Brain* (about new ways to think about how we taste things), which will open at the Science Museum later this year, and is in talks with the Department for Education about a 'Heston GCSE' – a kind of multisensory perception subject. Which, I suppose, is how we get on to condoms: 'The only way you're really going to deal with sexually transmitted diseases and teenage pregnancy is to make wearing a condom more pleasurable than not.'

He thinks the letter T is blue and S is a reddish colour. He doesn't like liquorice. He doesn't really feel pain. He sees a Buddhist life coach. He loves people cooking for him. He hasn't lost his temper in years. He is not what one would expect from a chef. In fact, he is not what one would expect at all. And people love surprises... □



Heston with the Prince of Wales



...Gary Barlow and Bruno Peek



...Sophie Dahl



...Rita Ora and Mary Charteris



...Sir Elton John and Suzanne Pirret



...Tracey Emin and Richard E Grant

PHOTOGRAPHS: PRESS ASSOCIATION, ALAN DAVIDSON, WIRE IMAGE, GETTY IMAGES, CHOPARD/ELTON JOHN AIDS FOUNDATION

The Ultimate Fashion Matrix

'Come back! I'm not scary. I'm just wearing a cocoon coat – it's really fashionable, you know.'
Have you ever found yourself saying these words? Ah, dear soul, you have veered too far to the celibate side of the Matrix...



PHOTOGRAPH: JODY TODD



CLOCKWISE FROM TOP, ELEMENT OF AIR WHITE COAT. INDIGO CUT OUT MORGANA DRESS. BEACH BY MERLIN'S CAVE IN TINTAGEL, CORNWALL.

CHASING CAMELOT

Zaeem Jamal's boutique on the King's Road in London is heaving with unique designs inspired by ancient heritage and the British landscape. His Camelot collection is as exciting as the legend itself. We discover the story behind the fashion...

Zaeem Jamal directs his eponymous British brand with a keen sensibility and thoughtfulness. Each garment is carefully conceived and meticulously created – a signature piece can combine over 1,000 hours of hand embroidery, along with several hundred hours of patternmaking and tailoring. The sumptuous fabrics selected are of the highest possible quality – so stringent are Zaeem's standards. Clothes are infused with colour using the authentic (and now rare) technique of hand-blending colour palettes.
It is this attention to detail and craftsmanship which makes Zaeem Jamal clothing so special. Striving always to exceed the expectations of his clients – whether through his ready to wear or bespoke service – Zaeem designs clothes to make the wearer feel wonderful. They are creations laden with meaning and symbolism – every cut and texture evocative of some ancient rite. Powerful silhouettes and colours combine 'to bring out one's inner radiance.' Not surprising, then, that a man who meditates on the profundity of his designs would carry that same spirit into other areas of his life. As Zaeem explains, 'I believe we can all bring about the change we want to see in the world, both personally and professionally, if we use our sphere of influence correctly, and my label is an extension of that belief.
We choose to support charities making a difference, whose work is a far cry from the glamour and transience of fashion.' Style with a story. Style with heart. With boutiques on the Kings Road in London and Hollywood in LA, as well as master craftsmen in India and Italy, this is British fashion with a global reach.

The current Camelot collection 'springs from the belly of the British landscape and its many legends.' From forest green to sea foam, the colours represent the tumultuous oceans and rolling countryside. There is romanticism but also strength in these sweeping gowns – embody Morgana or Guinevere in billowing silks and delicate beading. The label can be summed up quite simply as 'elegant, empowering, timeless.' The essence of the Zaeem Jamal woman.





To view the whole collection, visit zaeemjamal.com or pop into the boutique at 309 King's Rd, London SW3



Revenge!

Oh, we know it's wrong, but there is nothing more delicious, more satisfying, more damn recuperative than a creative, patiently thought-out, perfectly executed act of retribution. By David Jenkins, who would never dream of doing such a thing...

'Vengeance is mine; I will repay, saith the Lord,' St Paul told the Romans. And, just to be clear, that's 'Lord' as in 'God' rather than some grumpy sprig of the aristocracy.

Though you could say that Earl Spencer, sticking the knife into the Royal Family in his address at the funeral of his sister, Diana, Princess of Wales, had something of the Old Testament deity about him as he put the upstart Windsors in their place. (The Spencers are *far* older and grander, as a family.)

But was that really revenge? And was it revenge when Jimmy Goldsmith, leaving Eton, presented his much-loathed housemaster with a pile of the beak's favourite records – then dropped them on the floor and shattered the discs in front of the momentarily delighted schoolmaster? Their acts may have given Spencer and Goldsmith a thrill, but Spencer didn't bring the House of Windsor down, and Goldsmith merely wasted his own money.

In an ideal world, revenge has a concrete result and the victim feels it. Wittily, it's

PHOTOGRAPHS: JOHN FROST NEWSPAPERS

Martin Amis's dumped girlfriend firing his daily on the day she became his ex, and leaving the baffled novelist to contemplate the growing piles of unwashed dishes, discarded underpants and general filth his domestic existence was afflicted by.

More savagely, it's the revenge exacted by a sales rep who covered a Highland beat for his firm. One day, a callow young woman rival beat him to a big order. He got bollocked by his manager; she got praised. He felt humiliated. And so, remembering that revenge is a dish best eaten cold, he too praised the young woman and forged a friendship with her. Apparently. A year later, he struck. The woman had to be able to drive around her patch to keep her job, so her male rival suggested they meet for dinner at a much-praised restaurant, deep in the sticks. They met, they ate, he plied her with drink, assured her she was fine to drive and then, when she jerkily motored off, he called the cops. She was done for drunken driving. She lost her licence – and her job. How he felt, in his dark nights of the soul, I don't know. But, in his remorseless, almost psychopathic way, he probably didn't care.

He should have. As Gandhi put it: 'An eye for an eye makes the whole world blind.'

That, of course, is to take the moral high ground, and it was the impetus behind South Africa's post-apartheid Truth and Reconciliation Commission and the Queen shaking hands with Martin McGuinness. It's also the sort of attitude that wins Nobel Peace Prizes. Workaday avengers aren't like that; they tend not to be looking at the bigger picture. 'A shit in love deserves shit back' is what they feel.

But to brood on revenge is to corrode the soul, just as jealousy does; the drip, drip, drip of bile rots a person's core. So don't slash his tyres. Don't hand out her email to phishing folk. Don't tell HMRC about your ex's creative accounting. Don't use your key to break into his house and leave a pair of your knickers in his bed for your successor to find. Don't post revenge porn on the net. Don't conceal a dead fish in the house that the boss who fired you is trying to sell. Don't forget that your vengeance can blacken your name forever. Turn the other cheek and feel good about yourself.

Such noble thoughts don't hold everyone back. Consider Karl Lagerfeld: 'I know revenge is mean and horrible,' he says, 'but I see no reason why I shouldn't do something back if somebody has done something bad to me. When people think it's all forgotten, I pull the chair away – maybe 10 years later.' Memo to self: be nice to Karl.

And take note of that '10 years later'. Because it's revenge that's thoroughly considered and skilfully executed that's most potent. It's jolly irritating to have your suits cut up by an enraged lover, as happened to Andrew Neil – and to Sir Peter Moon, when his wife ran vengefully amok. And it must have been pretty annoying for the comedienne Jo Brand's unfaithful boyfriend to have her clamber through his cat flap and steal all his underpants, both clean and dirty – she wanted, she has said, to do something 'a bit weird'.



'I see no reason why I shouldn't do something back if somebody has done something bad to me'
KARL LAGERFELD

But it's beyond infuriating to be the chap who failed to hand over a PS3 games console to Edd Joseph when Edd had given him £80 for it. Because Edd, a Bristol lad, set about sending the miscreant the entire works of Shakespeare by text. Which is worse than it sounds: each text sends only 180 characters. The entire works – copied from the internet in one go and pasted into a message – take 29,305 separate texts to reach their target, keeping the recipient's phone pinging constantly for almost a week. Just as clever are Richard Curtis and Evelyn Waugh. The young Curtis had a girlfriend stolen from him by Bernard Jenkin, now a Tory MP. In several of Curtis's films, there's a buffoonish character called Bernard, made to look a twit. Waugh had a running battle at Oxford with a tutor called Cruttwell; in five of his novels, a character called Cruttwell is searingly satirised. That's creative – and effective – and leaves your victim puce in the face. It's revenge taken at length and very satisfactorily. Hot-blooded revenge is less wise, for revenge isn't necessarily sweet.

Valérie Trierweiler, President Hollande's discarded consort, has sold hundreds of thousands of copies of her poison-pen memoirs – but has lost her reputation. Lorena Bobbitt, who lopped off her errant husband's penis and dumped it in a field, now regrets the act that made her world-famous. (John Wayne Bobbitt actually had his detached member sewn back on and starred in a porn movie with the waggish title *John Wayne Bobbitt: Uncut*.) The writer Amanda Craig had her gorgeous red hair barbarically sheared off as she slept at Bedales – but sounds embarrassed now when she speaks of the super-sticky sweet she concocted and fed to her aggressor, hoping it would glue her tormentor's mouth shut. Instead, it caused a capped tooth to be torn out. Revenge, she now opines, should be about honour.

Honour: there's one great avenger who knew all about that, an avenger whose exploits Lucretia Stewart chronicled when writing about revenge, an avenger whose actions speak to the *Tatler* heartland, an avenger who understood the meaning of the words 'I will repay'. For the Hon Roland Lytton certainly wasn't going to turn the other cheek when he came home to find his girlfriend abed with another man, one Mr Lister. Having decided not to cut Lister's head off – 'that was too good for the rodent', the Hon Roland declared – he strode downstairs, put on Beethoven's Fifth at full volume and spent the next two hours ramming into 'his Land Rover with mine. To finish it off, I attached a rope to the vehicle and pulled it onto its roof.' No wonder the Lytton family's motto is: 'His is the work of virtue.' And of vengeance. □

Notes to self

If you're happy and you know it, clap your hands. But if you can't be arsed, let this ingenious Japanese toy do all the hard work – and much more. By Ailsa Miller

10 USES FOR THE PACHI PACHI CLAPPY

1 Party-speech clapping without having to relinquish drink (phew).

2 Novelty cigarette holder (dodging yellow, stinky, faggy-finger syndrome).

3 Claw to snatch your favourite Quality Street.

4 Sneaky arse-pincher.

5 Sarcastic slow-clapping if you really want to be a dick.

6 Wasp killer.

7 Novelty salad tongs.

8 Stroke a pet/baby you don't like.

9 Shake the hand of someone who needs a bath.

10 You're so drunk your hands cannot find each other to clap.



PACHI PACHI CLAPPY, £12.99 EACH, AT **FIREBOX**





It takes balls of steel AND wood to play this one. By Emma Kennedy

Anyone who is anyone loves a fast-paced ricochet game, and if you don't there's something wrong with your fun button. Please get it seen to. This month, I'm bringing you a beautifully crafted wooden adrenalin ride called Rollet.

You will need: a flat surface, a Rollet board, steel balls, a wooden ball and a sharp eye. No fumbling or trigger-happy play is encouraged or allowed, so steady on, you giddier ones at the back, and allow the calm of Solomon to descend.

Now then, how do you play it? Shut up and I will tell you. It's best with four people, although two can play if they're feeling devilish. To start, you place the wooden ball in the centre of the board, high-five your opponents and then roll the steel balls down your



chute (that is not a euphemism). The aim is to knock the wooden ball into your opponent's goal.

Sometimes, the wooden ball hovers perilously close to the goalmouth. That's called a 'lark's breakfast'. If it happens at your end, you can 'skim the milk' by aiming your steel ball just behind it. If you're very fancy, you can deploy a 'Depardieu' by firing a ball so it bounces off your triangular 'nose'. Yes, I am bamboozling you with technicalities. Deal with it.

To conclude, it's a super game for a wet afternoon or a boozy evening. And no 'smuggling budgies' permitted. Look, I've done it again.

£69 at etgames.co.uk

PHOTOGRAPH: SUDHIR PITHWA

HURRY UP!
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IT'S 6.42AM PARTY TIME!

Is your morning pilates class just a bit, well, boring? Would you prefer glow sticks, fluoro Lycra and mad-for-it raving? Of course you would. Welcome to the dawn disco, says Tibbs Jenkins





Cosima Crawley, Georgie Wells, Alice Keswick and Melissa Lo



ABOVE & BELOW, MORNING GLORYVILLE GETS IN THE GROOVE IN NOTTING HILL

Do you ever find yourself feeling vaguely furious with the person who decided how many hours there are in the day? Because there just aren't enough, are there? Not for all the things we want to do – which is why the true geniuses of time management compress two important activities, so that half the time is spent on them but double the fun is had (with luck).

And so, good-time girls and fun fellas, we give you the phenomenon of Morning Gloryville, a 6.30am to 10.30am morning rave, conflating the pastimes of exercise and disco dancing. The concept started early last year in Bethnal Green as the brainchild of events producer Samantha Moyo and bodywork therapist Nico Thoemmes, whose ambition was to create an experience of 'conscious clubbing and socialising' – rather than the semi-conscious versions we normally indulge in. Despite the painfully early start, it wasn't long before the Wednesday morning event at Oval Space, in east London, was being attended by the city's foremost healthy hipsters. Locket Hambro even chose Morning Gloryville as the perfect place to celebrate her 26th birthday, before heading off for a hard day's work and a well-earned slice of cake.

Similar events are now being held in New York, Sydney and Tokyo (with offshoots in Barcelona, Bangalore and Amsterdam being planned). Better yet, the idea has travelled as far as... west London. Last August, Notting Hill nightclub Mode flung open its doors to those Westies who were keen to get their early-morning groove on. So nowadays, at 6.30 on a Wednesday morning in Notting Hill, you will find midweek ravers like Alice Keswick, Cosima Crawley, Davina Harbord and Georgie Wells weaving between the bankers on their way to work. Most of the ravers wear sports gear, although Conrad Gamble has been spied sweating under a leather waistcoat, and one joker wears an office shirt with a pair of fluorescent leggings.

The partygoers are fuelled only by organic green smoothies – although some of the more hedonistic may opt for a double espresso – and the lights are on, making it all feel, at times, more like a children's birthday bash than a grimy warehouse party. The energising house music is provided by Hugo Heathcote and Jolyon Klean, and the communal dizzy bliss that inevitably ensues when lots of people are dancing together is very much in evidence – there is even an occasional Mexican wave.

From 8am onwards, people start to look at their watches, wave their goodbyes, mop their brows and head for the office. Some will take the Tube and, giddy and exhilarated, wonder (as they have done before after all-night raves) if their fellow commuters know what they've been up to. Only, this time, the feeling is minus the usual paranoia. Morning Gloryville is meant to provide a therapeutic kickstart to the day. And when the early-bird ravers do finally rock up to their desks, they are more dynamic than ever. Sophie Moss, a former events director at the Box, is a convert. 'For the rest of the day I was completely buzzing. I don't think I have ever been more productive at work. It's the antithesis of what you feel like after a night out.'

And it really is fun – unlike a more traditional exercise class. 'If you look at people's faces in a spin class, they are usually grimacing and finding the whole thing pretty torturous,' says Katie Readman. 'Whereas Morning Gloryville gives fitness and lots of smiles. It's a soul-fulfilling exercise!'

So there really is no need to restrain yourself midweek. As Voltaire said: 'Let us read, and let us dance; these two amusements will never do any harm to the world.' □







Pierre Koffmann

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Menu

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Please call 020 7152 3850 to book your ticket. Tickets cost £150 per person, including the set menu and a selection of Laurent-Perrier champagnes. Places are limited, non-refundable and issued on a first-come, first-served basis.

I'M COMING!!!

Then why the bloody hell didn't you let me know? Sophia Money-Coutts on the modern rules of the RSVP

Here's what happens these days when you get an invitation.

An email pings into your inbox from Clemmie asking you to her birthday drinks in five weeks' time. How jolly! And you're free that Saturday too. Excellent. But maybe you shouldn't reply immediately. Looks a bit desperate. And, come to think of it, didn't Hugo mention that he might be throwing a dinner party that night? Hmm. Tricky. Maybe don't RSVP to Clemmie for a couple of weeks to see if you get any other invitations in the meantime. It would be a shame to miss out.

'I didn't know you were coming!' cries Clemmie, five weeks later, when you arrive at her party. Clemmie says this smiling but inside she's raging. She put £300 behind the bar for drinks and only ordered enough chorizo-and-prawn skewers for 20 people, but at least double that number have arrived and now she's all sad on her birthday and WHY THE HELL DOESN'T ANYONE RSVP ANY MORE?

RSVP stands for *répondez s'il vous plaît*, which roughly translates as 'please just bloody let me know'. It was first adopted by grand Brits in the 18th century who were trying to ape their chic French counterparts at the court of Louis XIV. You were supposed to answer within a week, but the speed of responses was often more sluggish. Emily Post, the American etiquette expert, generously declared in the Twenties that RSVP meant you could reply 'in a month or two of receiving the invitation'. Little wonder that, back then, a particularly zealous hostess might send a card that demanded 'RVSVP', meaning 'répondez *vite* s'il vous plaît'. Perhaps it needs a resurgence.

What's odd is that today's collective RSVP inertia can't stem from idleness because it's easier than ever to reply to invitations. Admittedly, for big affairs like weddings and 21sts, you might have to send a proper RSVP card in the post. But, really, how arduous is that? It's probably already stamped by your thoughtful host. You literally have to tick a box and walk to a postbox, you lazy toad.

Otherwise, invitations these days – for drinks parties, birthday parties, dinner parties, kitchen suppers and so on – are likely to be electronic. Email, text message, Facebook or Paperless Post. You click 'reply' and say: 'How lovely, can't wait! X.' Or hit a button marked: 'I will/will not be attending.' And that's it. Simple.

But we don't do it. Because a more exciting party might crop up. Or because you've already got two nights out that week and you can't tell right now if you'll fancy a night on the sofa with a box of Maltesers instead. Or because it's something a bit worthy – a book launch or a private view – and you feel like you should go, but you don't really want to. So you just ignore the invitation as if it'll magically take care of itself.

'I invited about 40 friends to a drinks party this summer,' says one furious hostess. 'About five bothered RSVP-ing, so I had to email everyone again chivvying them, to which most people responded: "Of course we're coming," as if it was never in doubt. Was I supposed to telepathically guess this? How was I expected to know how much Pimm's to buy?'

Exactly. Hosts and hostesses are efficient sorts with lists and spreadsheets. They need answers, they need names. 'And replying to a Save the Date in a text or an email is absolutely NOT the same as responding to an RSVP,' fumes one mother-of-the-bride, who recently organised her daughter's wedding in Worcestershire. Of 200 guests, she estimates that 'about 40 per cent' RSVP-ed properly before the given deadline on the invitation. 'And then we had to spend weeks chasing the others up. What is wrong with people? We didn't spend all that money on the invitations for fun!'

Quite. So can we all stop hedging our bets and just get on with it?



THE NEW RSVP ETIQUETTE

1 You can never RSVP too quickly, either electronically or via the post. Your hostess won't think: 'Oh, that's a bit tragic – she's clearly not used to being asked to parties.' She will be thrilled at your enthusiasm.

2 It is worse to flake two hours before a party than to say no in the first place. A useful trick, when receiving an invitation, is to think to yourself: 'How would I feel if I had to go to this tonight?'

3 When RSVP-ing to a friend's invitation to say you can't come, give a reason. But if it's a work event and you can't go, just say no. You don't have to elaborate with an excuse – it's undignified.

4 If you receive an invitation via Paperless Post, the host can see if you've opened it. So you need to respond to these sharpish.

5 If you have left replying embarrassingly late (more than a week) for whatever reason, ring the host and apologise, but be honest about it. Don't say: 'I've just found my reply in the drafts folder.' Do say: 'I'm an idiot.'

6 When you RSVP to a shooting weekend accepting the invitation, you can only cancel if you or a member of your immediate family dies shortly beforehand.

7 For holiday invitations, you don't have to RSVP immediately. Say: 'Let me just talk to my husband/sister/mother.' You then have a two-day window to get back to them.

8 If you RSVP and say yes to a hotel room and space on a minibus for a party in the country, but then get drunk/lucky/a lift, you still have to pay your way.





PHOTOGRAPHS: SHUTTERSTOCK. ILLUSTRATION: JAQUI DOYLE

THE JOY OF BEING ON THE B-LIST...

There was a time when we would have been self-righteously furious about being called on a Tuesday about a big party on the Saturday – the sort of party for which hefty invitations had been sent out three weeks earlier. We would have said no. There was an important principle at stake. No. Of course we are not available at such short notice. We are far too busy, far too popular. We don't belong on a B-list.

But times have changed. Because we have discovered, in our newly enlightened state, that there is something faintly soul-corroding about knowing what we are going to be doing too far in advance, about life being mapped out, about all possibility of spontaneity being buried beneath a mountain of embossed stiffies, about knowing exactly who you are going to be sitting next to and what you are going to be talking about on the third Saturday in November.

Which is why the B-list has become the place to be, populated by footloose sorts who understand that life is about the now. Because yes, I have kept this Saturday free for impromptu parties (even though I would have been perfectly delighted to stay at home with Netflix had you not called). And yes, I have the perfect outfit, and yes, I am excited about meeting a raft of new people (some of whom might be hot). Even better, the B-lister is allowed to be a little bit reckless. Because the host feels a residual guilt about not having invited them properly in the first place, the B-lister can flirt harder, dance longer, drink more. And, in the end, everyone thinks: 'Thank heavens for the B-list – what a dull party it would have been without them.' ***TJ***

Quentin Letts

BARONESS STOWELL

The rise and rise of the chirpy Leader of the Lords



Illustrated by GERALD SCARFE

All hail, Queen Tina. Do we mean Tina Turner (big hair, even bigger voice)? Or maybe Tina Brown (once of this parish, bigger network than Smersh and BBC local radio combined)? Nope. We refer to the Leader of the House of Lords, the Lord Privy Seal, the Baroness Stowell of Beeston MBE, PC.

Tina Wendy Stowell she was christened, and until her ennoblement in 2011 she was plain Miss Stowell. Still is, really. For this 5ft 1in ball of briskness, with her staccato footsteps and her boxy, boucle high-street jackets and that Maria from *The Sound of Music* hairdo, is one of life's Misses (despite having had a bit of a thing about George Clooney).

Lady Stowell stands at the oche in the House of Lords and you can only gawp at her in wonder and admire the games political fate plays. It is not just the social leap she has made to reach that spot amid the greatest brains and fixers and grandees of our public life. It is not just the simmering disapproval of some of the older, snootier peers who feel her grasp of constitutional history is on the skimpy side (they are not entirely wrong). It is, at the most dramatic level, the sharp spectacle of such a short, unshowy woman, aged just 47, in charge of so ancient an institution.

Lady Stowell was born in Beeston, near Nottingham, to a painter/decorator and his wife (who worked on a factory production line). Her paternal grandfather had once been a Labour councillor, but that was the extent of the family's dabbling in politics. Tina's dad was known for his reliability and hard work. He drummed that into his daughter and at 14 she landed a weekend job in a local cake shop. On her first day, they told her she couldn't work at the counter until she knew the price of every sticky bun, lardy cake and jam doughnut (there were 100 different products). She turned up for work the next Saturday and duly rattled off all the prices like a bookie's runner.

She bagged five O-levels at comprehensive school but never aimed for university. Girls like Tina didn't in those days. But at 18 she landed a civil service job in the MoD and was escorted down to London by her loving parents, who had booked her a hostel. Mum and Dad left, and Tina was confused when asked by a gentleman if she was 'looking for business'. Another guest in the hostel explained that it was in a red-light district.

She did secretarial and clerical work and was soon posted to Washington DC. Had she stayed at the MoD, she would probably have ended up as a Miss Moneypenny to an admiral. But one night she was watching telly and switched to C-Span, a US channel that runs unedited Congressional hearings. She was gripped.

Returning to London in the early Nineties, she worked in the press office at 10 Downing Street (she adored John Major), then did some office work for David Frost before being asked by Seb Coe – chief of staff to Tory leader William Hague – to run Hague's office. On the day Hague quit the leadership in 2001, Tina was in tears.

After public-affairs work with the BBC, she tried to become a Tory MP. She came second to Sajid Javid in Bromsgrove but failed to find a seat in time for the 2010 election. Her no-nonsense, modernising potential had been spotted, though. Whoompf – into the Lords she went. And now, after just four years, she is Leader!

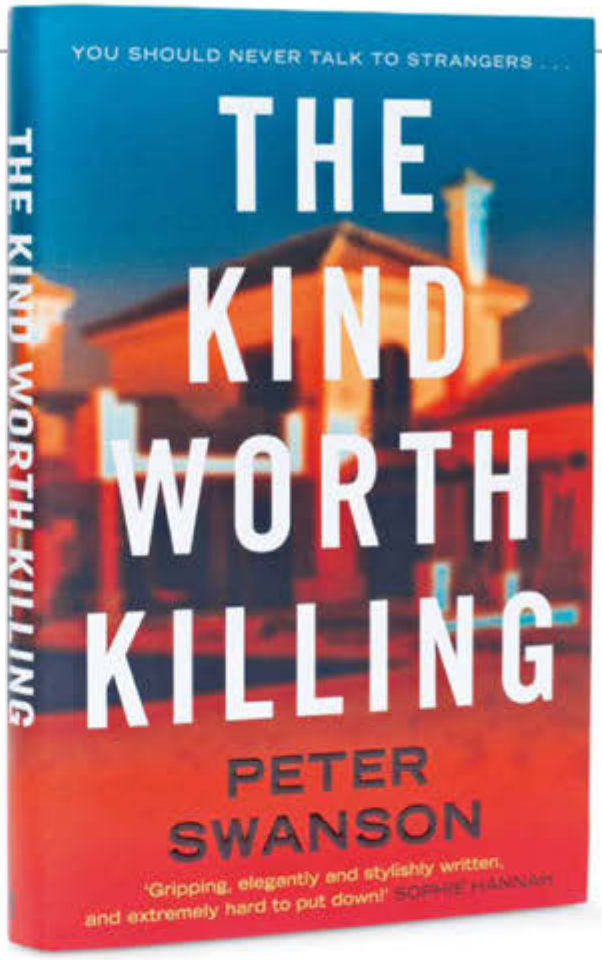
Given the rapidity of her rise, it is no surprise she occasionally stalls when asked fiendishly complicated questions. How those drawling men smirk when Tina does not know the answer to some poser. There have been occasions when her inexperience has been a little tricky. Yet the one-time baker's assistant is fast learning to use her loaf. She coped brilliantly with the gay-marriage hoo-ha and left sceptical lordships in no doubt that she thought they were stuffy old walruses. All done, naturally, with a chirpy smile.

How refreshing it is to see her there, peering over the top of her half-moon spectacles, speaking in a grand Notts accent. Lady Stowell is like a shrunken, less posh, jollier Theresa May. A crimped, primped imp in her perfect prime.

Books



A murderous flirtation, flawed fashion geniuses and the universe according to earthlings. By Sebastian Shakespeare



THE KIND WORTH KILLING BY PETER SWANSON

(Faber, £14.99)

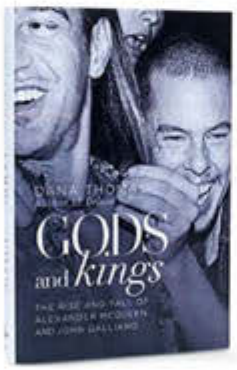
Peter Swanson has updated Patricia Highsmith's *Strangers on a Train* for the new millennium. Ted Severson meets a fellow air traveller at a Heathrow bar and tells her his life story – including how his wife has just cuckolded him with their builder. Before the end of the flight to Boston – and after one too many glasses of fizz – they have agreed to plot her murder. 'Everyone is going to die eventually,' his new friend Lily Kintner tells him with chilling logic. 'If you killed your wife, you would only be doing to her what would happen anyway.' Told in alternating chapters by Ted and his accomplice, this is a well written and highly accomplished thriller that's more gripping than its predecessor; I've always found Highsmith's plot utterly preposterous, but Swanson, to his credit, makes it all seem plausible. How? Because this one crackles with sexual tension, unlike Highsmith's, in which the two protagonists are male. And though the story is familiar, the author still manages to maintain the suspense – Lily's compelling backstory makes her motivation credible. There are lots of sly and not so sly nods to Swanson's literary inspiration. When Ted first meets Lily, she is reading – what else? – a Patricia Highsmith novel. 'Not one of her best,' she says. You cannot fail to be captivated by this book.



THE LIVING GODDESS BY ISABELLA TREE

(Eland, £12.99)

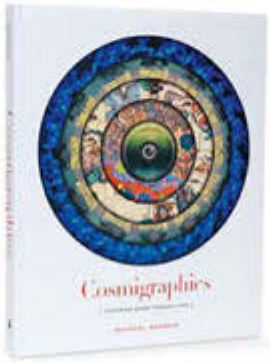
Isabella Tree takes us on a mesmerising journey to the hidden heart of Nepal, exploring its ancient myths, its religious beliefs and its modern history. She focuses on the famous living goddess, a three-year-old who is chosen from a caste of Buddhist goldsmiths to watch over the country and will be dismissed from the role upon attaining puberty. A labour of love, this charming book – the result of a decade of work – is never less than entrancing.



GODS AND KINGS BY DANA THOMAS

(Allen Lane, £20)

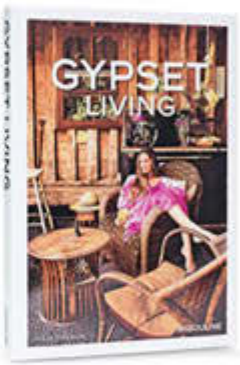
A fascinating twin biography of John Galliano and Alexander McQueen that chronicles the parallel lives of two hardworking boys from south London who arrived on the fashion scene in the Nineties and revolutionised the industry with their innovative and influential designs. Galliano hit a professional and personal nadir with his anti-Semitic rant in 2011; McQueen killed himself in 2010, after years of drug abuse and depression. It's a well-told story of poetry, art and angst.



COSMIGRAPHICS BY MICHAEL BENSON

(Abrams, £30)

Wow. This truly spectacular book tells the story of the discovery of the universe through pictures. Using paintings, photographs, maps and illustrations from the past 1,000 years, many hidden away in science libraries and seldom seen, it shows how man gradually came to terms with his insignificant place in the cosmos. At once a stunning visual history and a mesmerising journey through space and time, Benson's book will make you see the world with fresh eyes.



GYPSET LIVING BY JULIA CHAPLIN

(Assouline, £30)

The author coined the term 'gypset' to describe an alternative lifestyle that combines the gypsy spirit with the luxury of a jet-setter. Her latest volume is a study of nomadic homesteads around the world, from Hydra and Guéthary to Marrakesh and Bali. The remarkable pictures prove that a teepee or a yurt can be far more stylish than a penthouse apartment or a Roman palazzo. And the book as a whole stands as a life-enhancing homage to affluent free spirits. □

STILL-LIFES: JODY TODD

Gadgets



This month – gadgets to eat, spread, toast, shave and illuminate. At last, your gadget lady does food. By Emma Freud

THIS MONTH



Selfie toaster



Heated butter knife



Edible eyes



Spiraliser



Gummy-bear chandelier

Well hello. This month I have assembled the very best food gadgets I could find. Ones you can eat and ones that help you eat. If you are one of those people who doesn't do eating, may I suggest you check out Emma Kennedy's excellent games/larks column instead – no calories there.

SELFIE TOASTER

FINALLY, you can go eat yourself. Upload a photo of yourself to the makers' website and they will create a bespoke toaster. Turn it on and three minutes later you get yourself on toast. Spread yourself with butter, cover your chin with Marmite, douse your hair with marmalade, powder your nose with cinnamon, coat your lips with honey and eat yourself while shouting, 'I AM NOT A NARCISSIST!' Then make another self-toast and frame it. *£40 at burntimpressions.com*

HEATED BUTTER KNIFE

If I had to choose one Desert Island Food (not that I've been practising for my long-awaited Kirsty Young moment or anything), it would be egg-mayonnaise sandwiches. Super-fresh, pre-sliced, decrusted white bread, spread thickly (and I mean THICKLY) with cold butter, then unctuously anointed with a centimetre-deep layer of 10-minute eggs that have been hand-mashed with a fork, to which you have added Hellmann's NOT-light mayonnaise, Maldon sea salt and freshly ground black pepper. Now rewind a little bit: spread thickly with cold butter... that's the tricky bit. Cold butter doesn't spread without tearing your bread until it has turned your fantasy food into an embarrassing mess. Well thank the Desert Island Gods for this little mother of a gadget. The SpreadTHAT! has a blade that heats up to melt butter in under 20 seconds while the handle remains cool; suddenly you are able to avoid unsightly clumps of uneven butter on your otherwise perfect dish. AND, as it uses nothing but body heat to operate, it's ecologically ideal for my solar-powered island, thank you for asking, Kirsty. *£14 at amazon.com*

EDIBLE EYES

The BEST way to get children to eat vegetables – give the vegetables these eyes and tell them that if they don't eat the whole thing, including the eyeballs, the vegetable monster will come into their room at night and do an asparagus wee all over the clothes they were planning on wearing the next day. Our editor is going to have twins and I'm hoping for a job as a babysitter. How do you think I'm doing? *£5 at suck.uk.com*

THE BEST SPIRALISER

I have rather too much to say about this subject. You see, there's food. And then there's being a size 8. And in my extensive research the two don't go together particularly well. So, after 52 years of confusion, I have come to realise that it basically comes down to a choice. On the one hand, cheese fondue with warm baguette, zabaglione trifle, rare ribeye steak with béarnaise sauce, scones with clotted cream, macaroni cheese, dauphinoise potatoes, Black Forest gâteau, salted-caramel brownies, smoky black-bean chilli with a dollop of sour cream, Thai curry, cornbread, rosewater macaroons, beer-battered fish and twice-cooked chips with homemade, minted mushy peas, Peking duck pancakes, white-truffle linguine, slow-cooked pulled pork in a sourdough bun... FFS, PIZZA! On the other hand, there is high fashion and pasta made out of courgettes. I have chosen the former. For those who feel otherwise, welcome to the best spiraliser I could find. *£24 at inthehaus.co.uk*

GUMMY BEAR CHANDELIER

So, this lampshade of utter perfection involves 15,000 glass beads, 3,500 feet of braided nylon cord and 1,305 beaded lines to hang up the 14,500 GUMMY BEARS. It takes 14.5 hours to handcast the gummy bears, 120 hours to string them on the nylon cords – and a total of 156 hours to create the chandelier. It may be the most beautiful thing you have ever seen; obvs you're never going to buy it, but how happy are you that, thanks to *Tatler*, you now know it exists on our amazing planet? This chandelier, like your gadget columnist, IS the party. *£4,200 at jellio.com*

Upload a photo of yourself, turn it on and three minutes later you get yourself on toast. Spread yourself with butter while shouting, 'I AM NOT A NARCISSIST!'

NEXT MONTH GADGETS THAT STOP YOU FORGETTING THINGS WHEN YOU HAVE BECOME SO OLD THAT YOU CAN'T REMEMBER YOUR OWN NAME. P.S. EMMA

This is me on Twitter – @emmafreud



Art for sale

Mutilated 'muppets', neon notes and a poignant portrait of a pioneer. By Josh Spero



RUG RAGE (POA)

SAPOR (2014) BY ANNA BETBEZE

WHY BUY The first thing that strikes me about Betbeze's work is that it looks like she has done something really, really bad to a character from Sesame Street – somewhere Elmo is naked and shivering. Betbeze's punky style is primal: she has taken traditional Greek rugs, then slashed them with razors, dyed them with inks and burnt holes in them. She seems to have access to a rage that we must never express, a desire to rip and ruin that society beats out of us (and with good reason). Heaven help Big Bird.
WHEN 12 February–2 April.
WHERE Luxembourg & Dayan, Savile Row, W1 (luxembourgdayan.com).



ANGEL FACE (£7,500)

ANGELICA KAUFFMAN (2014) BY ANNIE KEVANS

WHY BUY The 20th century gave female artists the chance to shine, and our century is radiant with them, like Kevans. Here she salutes one of her 18th-century predecessors, Angelica Kauffman, who was a rare female artist to have gained recognition in less-welcoming times for women. It's an ambiguous tribute, though: Kauffman seems delicately reflective, concerned perhaps, amid the strong brushstrokes. Her skin almost fades away into the paper, just as female artists were then made to fade away. But Kevans is reasserting Kauffman's existence, her right to look at us – and to be looked at by us.
WHEN 9–14 February.
WHERE The Mall Galleries, the Mall, SW1 (tint-art.com).

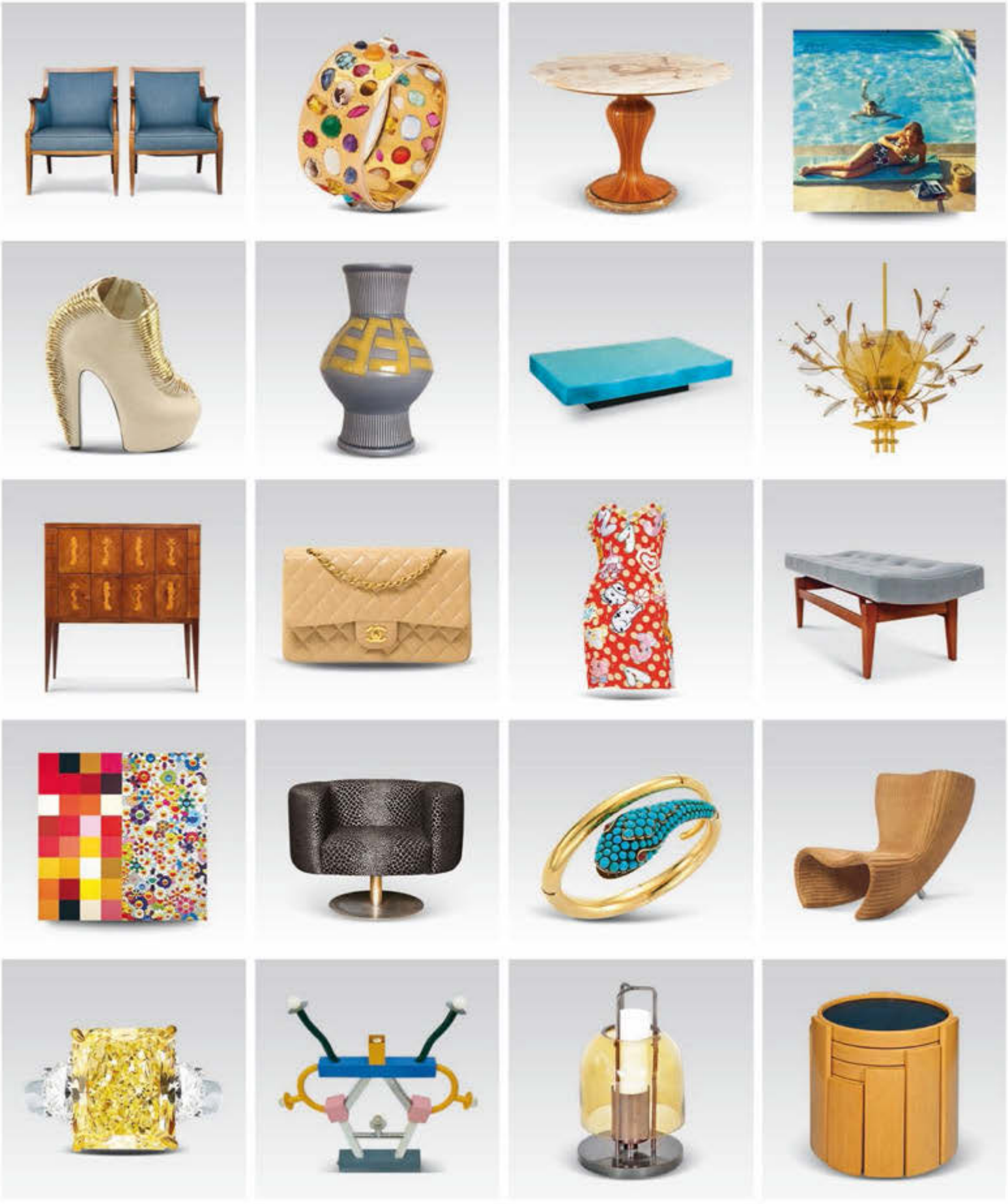


LIGHTEN UP (£68,000)

FRAMMENTO NR. 15 (1999) BY JOSEPH KOSUTH

WHY BUY Some collectors refuse to buy anything that needs plugging in, but they should let themselves in for an electric shock: this Kosuth neon is well worth their attention. Kosuth has spent his career asking if art is just words in a different form; he wanted to know if the dictionary definition of a chair was the same as a picture of a chair or even a real chair. Deep, difficult questions. But with this illuminated snatch of opera he playfully twists his idea by turning to music, which is another language all by itself. And if you can't sing the notes, you can always hear the neon's hum.
WHEN Until 14 February.
WHERE Sprüth Magers, Grafton Street, W1 (spruethmagers.com).

SAPOR COURTESY OF THE ARTIST, KATE WERBLE GALLERY, NEW YORK, AND LUXEMBOURG & DAYAN, LONDON



THE MOST BEAUTIFUL THINGS ON EARTH

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Restaurants



Despite Diet Coke dramas, I'm full of the joys of Spring, says Jeremy Wayne



When I order a Diet Coke at **Spring**, the long-in-the-making new restaurant at Somerset House from Petersham Nurseries star (and Michelin-starred) chef Skye Gyngell, the 18¾-year-old Irish sommelier shakes his head and says, 'Sorry, it's not in our ethos.' Oh well, never let it be said I would interfere with a boy's, or even a restaurant's, ethos, so I take a deep breath and start again. 'White wine?'

This time we're in business and, before you can say fair dinkum, a bottle of Rodney and the Horse riesling is heading in our direction. It seems fitting to be drinking an Antipodean wine at Spring, with Australian-born Gyngell wearing the whites.

At bucolic Petersham, Skye would simply lean out of the kitchen window to pick the freshest greens and vegetables. So the move into the Big Smoke proper always risked losing the magic. But it has remained. For one thing, the main restaurant room, a study in white, is almost ethereal. And apart from the Diet Coke business and a concrete slab of veal (which, by the way, is later removed from the bill), everything at Spring positively sings. There is al dente ravioli with the sweetest onion squash and marjoram butter, folds of San Daniele ham with the creamiest ricotta, farinata (a kind of chickpea-flour pancake) with baby artichokes, and crabcakes with rocket that tastes like it was picked a moment earlier. Even the Caesar salad – so often a degraded farrago these days – is elevated to a thing of wonder, with Fern Verrow leaves and candied walnuts. And main courses too, like Dover sole with cannellini beans or pork belly with chickpeas and turnip tops, show Skye's exceptional talent for pairing prime protein – the very best fish and meat – with its vegetable soulmate.

As for the silly staff uniforms (think Venetian gondoliers in waistcoats with white pedal pushers – a look that wouldn't seem out of place at Sydney Gay Pride), you snicker and then you get used to them. I even found out, though a bit late in the day for it to be of any practical use, that Spring serves regular Coke. Why on earth didn't the boy say so? *At Somerset House, WC2 (020 3011 0115).*

HOW MUCH
Dinner for two (without wine), about £140
WHAT TO EAT
Ravioli of onion squash, Dover sole with cannellini beans
WHO GOES
Kristin Scott Thomas, Lord Rothschild



Ice creams at Spring



Vegetarian burger at Tredwell's

SIDE ORDERS

TREDWELL'S

4a Upper St Martin's Lane, WC2 (020 3764 0840)

Sticky Goosnargh chicken thighs and a smoked haddock gratin are just two of the menu highlights at this new Covent Garden restaurant, named after the butler in Agatha Christie's *The Seven Dials Mystery*. Whodunnit? Marcus Wareing, that's who – and he intends to roll out more Tredwell's across the country quicker than you can say 'Masterchef'.

IPPUDO

3 Central St Giles Piazza, WC2 (020 7240 4469)

Well established in Tokyo and New York, Ippudo is a great addition to London's expanding ramen scene. Follow featherlight, tangy gyoza dumplings with a classic ramen – tonkotsu broth with homemade thin noodles – or try the 'modern' version, with secret umami dama paste and fragrant garlic oil.



THE GRILL AT THE DORCHESTER

PICK ME!

Park Lane, W1 (020 7317 6351)

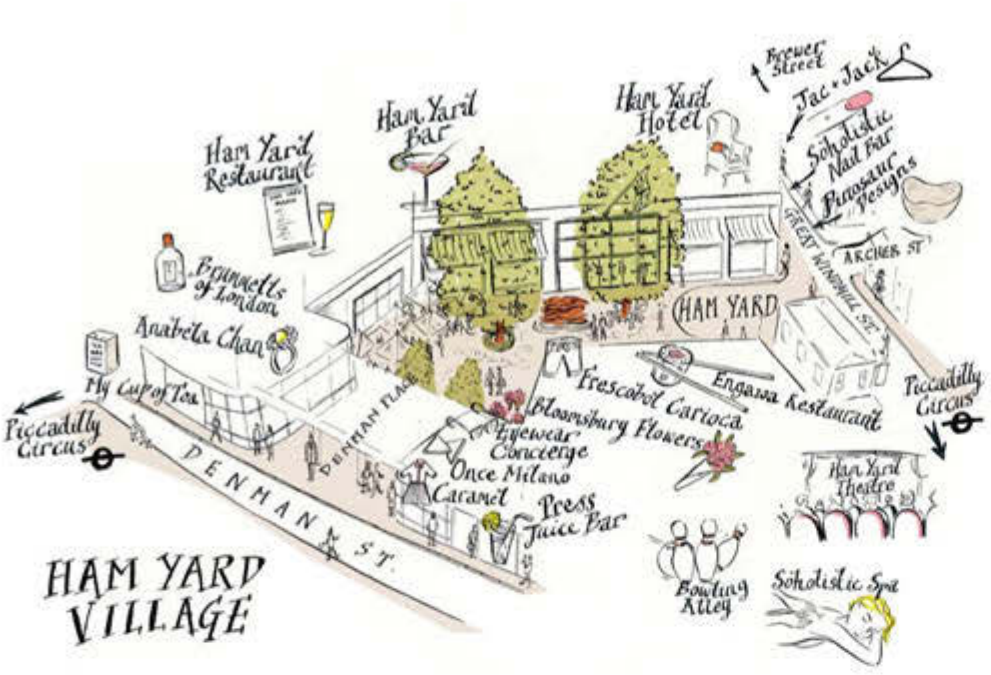
Not before time, the venerable old Grill Room at the Dorch has been given a facelift. Down have come the murals of camp, kilted Highlanders, and in has come Alain Ducasse to give much-needed oomph. Standout dishes include blue lobster chowder, peppered Aberdeen Angus prime rib and the Sicilian pistachio soufflé.

THE BARFLY Pisco Bar at Lima Floral



Get pisco, very pisco at Lima Floral, the utterly charming bar in the new branch of Lima in Covent Garden. Barman Damiano Barbato makes a pisco sour that is perfect for spring (sort of lemon barley with a fiery kick) and also does his own pisco infusions, using Peruvian herbs and spices such as huacatay (Andean mint). A tropical garden behind a glass wall lends character to the basement bar, where they also serve delicious Peruvian snacks known as *piqueos. At 14 Garrick Street (Floral Street entrance), WC2.*

PHOTOGRAPHS: SHUTTERSTOCK




BLOOMSBURY FLOWERS


ANABELA CHAN

THE SECRET VILLAGE

In the midst of bustling Soho and moments from Mayfair lie Ham Yard Hotel's charming boutiques – pleasantly tucked away from crowded streets

Ham Yard Hotel is a vibrant destination with personality brimming from its colourful decor and quirky touches (a Fifties-style bowling alley? Yes please.) But what you may not know is that cloistered within Ham Yard's walls is an urban village – a plethora of shops, boutiques and restaurants. 13 specialist stores are dotted around a tree-filled, pedestrian courtyard, providing a wonderfully chilled ambience for shopping in the open air. Here, you'll find the prettiest things, just a short stroll apart – from the kooky to the classic and the downright delicious.


HAM YARD COURTYARD


BRUMMELLS OF LONDON

HAM YARD VILLAGE AT A GLANCE

FOR THE HOME

Dinosaur Designs fuses art and fashion with a vibrant collection of home accessories, furniture and jewellery.
Once Milano exquisite luxury linens.
Bloomsbury Flowers seasonal hand-tied bouquets and a range of stylish plants and gifts.

FOR FOOD & DRINK

Engawa delicious wagyu teppanyaki and sushi.
Ham Yard Bar & Restaurant a wonderful selection of seasonal dishes for brunch, lunch and supper.
Press London LA-founded cold pressed juice bar, ideal for detoxes.
My Cup of Tea specialist tea maker sourcing and blending delightful teas and tisanes.

FOR BEAUTY

Brummells of London fragrance and luxury skincare.
Soholistic Nail Bar give your talons some TLC.

FOR CHILDREN

Caramel Baby & Child modern British style for children.

FOR FASHION

Frescobol Carioca luxury beachwear from Rio de Janeiro.
Anabela Chan Joaillerie beautiful handcrafted fine jewellery.
Jac & Jack contemporary clothing for men and women with must-have knitwear.
Eyewear Concierge specialists in handmade sunglasses and glasses from leading independent eyewear brands.

One Ham Yard, London, W1D Phone 020 3642 2000 or visit hamyardhotel.com

FROM DEVIL TO DUKE

Arrogant, wild, irrepressibly mischievous... In his youth, Jamie Blandford was the baddest boy there was. But the decadent days of drugs and prison are over and the new Duke of Marlborough is ready to face his biggest challenge yet – Blenheim. By David Jenkins



Blenheim Palace from the South Lawn

PHOTOGRAPHS: MIRRORPIX, ALAMY

Cometh the hour, cometh the man – or so those who gaze with awe on Blenheim Palace and its 11,500-acre estate must profoundly hope. Larger than both Buckingham Palace and Windsor Castle, Blenheim has been the seat of the Dukes of Marlborough since the 1720s and home too to the Churchill (or Spencer-Churchill) family: Sir Winston Churchill was born there. Now it has a new master, the 12th Duke of Marlborough – far more usually, and notoriously, known as Jamie Blandford, a once drug-addicted black sheep with three spells in prison and more than 20 convictions to his name. As he laid his father – the 11th Duke, who once tried to disinherit him – to rest in St Mary Magdalene church in Woodstock on 24 October 2014, he chose to read, 'badly, but movingly,' according to one present, from Ecclesiastes 3:1-8: 'A time to weep, and a time to laugh; a time to mourn, and a time to dance... A time to love, and a time to hate; a time of war, and a time of peace.' But has peace come to Jamie Blandford? Has his troubled existence turned into something serene? What sort of man is he and has he been?

'I'll tell you the word that summed up Jamie then,' said an old school contemporary of Jamie Blandford. 'Sparkle. He was elfin, sparkly – and mischievous.' And that 'strong sense of mischief' was what drew Patrick Forbes, the director of a 2012 Channel 4 documentary about Blenheim Palace, to the now 59-year-old Blandford. 'And he can be charming,' added Forbes, whose Blenheim film was one of four transmitted under the title *The Aristocrats*. 'In fact, there are quite a lot of people in the aristocracy who could do with even a tenth of his charm, frankly. And with a tenth of his devilment. Then they might not find themselves in the predicament they are.'

Which is not what Tony Green of 63 Levington Road, Ipswich, felt when he wrote to *The Guardian* in August 1995. 'There are,' he said, 'many arguments in favour of removing hereditary peers from the legislative process. Undoubtedly, the strongest of these is Jamie Blandford.' Certainly, 1995 was not a good year for Jamie. Among ▷



The Duke of Marlborough as a pageboy at a wedding, 1961

◁ other crimes and misdemeanours, he was sentenced to jail for breaking probation, forging prescriptions and stealing drugs. But not all folk felt Mr Green's way. Shaun Ryder, the ecstatic lead singer of Happy Mondays, once said: 'If I was born into dough, I'd have done nothing forever. Like Jamie Blandford. He's fuckin' cool. I'd definitely produce his record.'

Shaun's support for the scapegrace peer may now stand him in good stead. Since Jamie became the 12th Duke of Marlborough last October, it's been reported that he is eager to put some zip into the entertainment on offer at Blenheim. Out with the last duke's favourite Barry Manilow; in with rock 'n' roll and a classic-car *concours d'élégance* – Jamie loves a fast car. No surprise, really: one lifelong pal of 'James' (as his oldest and invariably anonymity-requesting friends call him) recalls sitting boredly with the then Marquess of Blandford through a dreary recording in Blenheim's parkland of *It's a Knockout*, a comedy game show fronted by the now jailed Stuart Hall. Finally, Jamie could stand it no more and whisked his friend off to Blenheim's lake, where they leapt into his speedboat and 'drove like lunatics round the lake. That's James. He's not at all pompous.' The friend pauses and considers what Blenheim might be like in Jamie's hands. 'It could be fun – I hope it will be.' He stirs his macchiato. 'It won't be the test of him, because he's gone through plenty of tests. But it might be the making of him.'

The odd thing about Jamie Blandford is that his greatest fear as a small child was that he might not become the Duke of Marlborough. 'And he did his damnedest to make that fear come true,' adds the friend who tells me this, referring to the years of drug abuse, the spells in the slammer and the disinheritance battle. 'Still,' says another grandee who 'always gave him a hug' during the difficult years, 'it's nice to have a duke with a little experience of life.'

HE WAS THE DRUG-ADDICTED BLACK SHEEP, WITH THREE SPELLS IN PRISON

The childhood fear seems an irrational one, until you consider one point. James Blandford was in fact the late duke's second son: his older sibling, John Spencer-Churchill, died aged two, six months before Jamie's birth. (Death stalked Blenheim: when Jamie was 18, his newly born half-brother, Richard, died aged only four months. By then, Jamie's father, 'Sunny' Marlborough, was on his third wife. He married his fourth in 2008; he and Jamie's mother had divorced when Blandford was only five.) But if an older brother's existence was so uncertain, so too may have been the prospect of a dukedom, to Jamie's young mind. And it may have been the death of that older brother that prompted the disappointment Sunny felt for his heir. Sunny does not get a universally good press: 'distant' and 'never a word of encouragement for James – and if you tell someone you're a disappointment a hundred times, they believe it.' Equally, the schoolboy Jamie must have tested his father. 'He's not,' I was variously told, 'the brightest pebble on the beach'; 'not playing with a full pack'; 'not the sharpest pencil in the box'; and 'a few crumbs short of a sandwich'. But that's not a universal opinion. 'Dim's a bit harsh,' said one discerning former drug addict. 'He was just a gauche young man.'

But an attractive one. 'Sylph-like, with big lips,' remembers a contemporary. 'So alluring, if you like that hooded-eyed, sexy thing,' says a girl who roamed Chelsea with him. 'And now,' she mournfully adds, 'he looks like Oliver Reed.' Like Reed, he was wild and wilful. One coeval remembers a holiday in the South of France when he and Blandford were rowing back to shore from a yacht. Blandford was manning the oars, 'and I went, "Watch out, James, there's a man behind you, swimming." With which he clunked the chap on the head with an oar and went, "*Attention, mon man*!" and went on rowing.'

What's not quite clear from this story is whether it's Jamie, the dim light bulb, or Jamie, the arrogant milord, who's the protagonist. Perhaps a mixture of both. As another magnifico said: 'He's Janus-faced – Dr Jekyll and Mr Hyde.' Or, as a crammer contemporary put it: 'He was very good fun. And a selfish shit. I remember saying that to my mother and her replying, "But they all are, darling."' They being aristocrats in general, and the Spencer-Churchills as a clan. 'They're formidable,' says one who knows the family well. 'Scary, in fact.'

They are, though, the family Jamie was born into and which he now heads. His father was a conventional man, a former Life Guards officer who is said to have asked for his *Racing Post* to be brought up with his morning tea the night before his unexpected death – unexpected in the sense that, although 88, he was seemingly well. But, recalls one of Jamie's friends, 'as children we were there to be seen and be clean, and have our hair brushed. Very dull stuff' – though Jamie and his childhood friends would ride their bikes through the corridors of Blenheim Palace, possibly the liveliest thing done in what many, like Patrick Forbes, regard as 'a hulking monster; dark, brooding'. Indeed, Consuelo Vanderbilt, whose American millions rescued Blenheim when she married the 9th Duke in 1895, said that 'it is so strange that in so great a house there should not be one really liveable room'. The palace, she added, was 'an expensive absurdity' with its 775 rooms and 1,450,000 square feet of floor space. AA Gill – who's known Jamie over the years – once wrote an article for *Tatler* that argued that 'if you thought about it, you'd have to loathe your children to leave them to be a curator in a House of Death – and there's no more depressing house than Blenheim'.

Such, though, was Jamie's lot. In preparation, he went to Harrow, as the Churchills do. 'I loved him in those days,' says David MacMillan, the publisher. 'He was great. Utterly fearless, really good fun. Always an attractive character.' He did not, however, dazzle academically, which led to his time at St Cloud, a 'very good' crammer in Worcestershire. 'Didn't do any work,' says a contemporary. 'Why would you, if you were the Marquess of Blandford?' Maybe: but it also meant that he didn't get into Sandhurst, a grave blow to his ▷



PHOTOGRAPHS: JOHN FROST NEWSPAPER ARCHIVE, ALPHA PRESS, REX FEATURES, ALAN DAVIDSON

At a Christmas party at Café de Paris, 1986



ABOVE RIGHT, WITH HIS SECOND WIFE, EDLA GRIFFITHS, 2003. *BELOW,* WITH HIS FATHER, THE 11TH DUKE OF MARLBOROUGH, 2003



◁ father. And it was at St Cloud that another friend saw the Janus face. Blandford was sitting, chatting chirpily in his chum's room, when another boy came in and made a not spectacularly clever remark: Blandford told the boy to "'sod off out of it, he was an idiot, get out of the fucking room." And I told James, "You don't speak to people like that. If anyone's going to get out of the bloody room, you can."'

Which Blandford did, though the two made up a fortnight or so later. 'I genuinely liked James,' says the friend. 'He was always pushing the boundaries – he was only offensive when his tongue got the better of him.' They'd shoot rabbits together in the park at Blenheim and one night they popped back to the palace and went 'to the Library – a big, long room with an organ at the end. And I play the piano half-heartedly, and James said, "Have a go on the organ." I said, "Don't be ridiculous, it's just been restored." And he said, "No, no, let's nip up there." So we nipped up and I ended up playing Chopsticks on this 17th-/18th-century organ. And that was all Jamie saying, "Don't be so boring and square." It was great fun – and very much Jamie in those days.'

Drugs, alas, were soon to raise their very ugly head. 'Jamie seemed to get out of control very quickly,' said a former druggie, who knew Blandford both before and during his narcotic years. 'He went straight to dark – most of us took a little longer.' Jamie was, in one sense, unlucky: he came of age just as London was flooded with heroin, a drug many of his class embraced with abandon. Upper-class parents watched in despair as their children became addicted and treatment centres like Weston-super-Mare's Broadway Lodge – fittingly situated on Totterdown Lane – became as much a part of their career path as Harrow and the Queen Charlotte's Ball had been. Twenty years earlier, Jamie might have had a drink problem (as various aristos have had) and no one would have noticed; drugs, though, led to arrests and headlines – a junkie marquess was great copy.



With his family at his father's funeral, October 2014





LEFT, WITH RAYMOND BLANC & SIR RICHARD BRANSON AT BLENHEIM PALACE, 2003. *RIGHT*, WITH BORIS JOHNSON, 2014

And Jamie took to drugs wholeheartedly – one dealer's wife couldn't understand why a man with so much should so frequently, and so readily, crash out on her sitting-room floor. Several people say he was always amiable: 'James on drugs was James on drugs. He didn't become a different person.' 'Always charming through all his tribulations,' says another who saw him in his Chelsea haunts. 'He seemed so sweet and lost,' says a third battle-scarred survivor of the era. 'People preyed on him a bit.' And he was, says a fourth, perennially optimistic and good-natured – provided there were drugs around. One sidekick of John Bristol, the more glamorous, if more venomous, junkie marquess of the period, remembers Jamie coming to stay at Ickworth, Bristol's Suffolk pile, and 'always complaining of "the withies" – cold turkey. There he was, a big, strong-looking man, lying prostrate in bed, complaining of "the withies."' When Bristol died, young and addicted, in 1999, Jamie wrote a piece about the-John-I-knew and branded him 'common'. He also claimed once to have accompanied Bristol on a helicopter trip to score – an unnerving experience, as Bristol had nodded off at the controls. Fortunately, Blandford knew how to fly. Sunny, he also revealed, had banned Bristol from Blenheim; Bristol's father, he rightly said, had been a wicked man.

But Jamie welcomed many druggie chums to Blenheim – most famously, he was said to have taken one half of a well-known couple of lesbian dealers down to the palace, implying that he intended to marry her. When, later, she went to jail, fellow prisoners called her 'the Duchess'. And when, in 1990, Jamie married Becky Few Brown, a kindergarten teacher who'd once gone out with his great pal Paddy McNally, the motor-racing magnate, he invited his dealer (who was also his hairdresser) to the party. Another guest had been in treatment with him and had dreaded his arrival at the clinic. Instead, she found him 'a bounding figure, full of crazy, hooray energy in what was a very subdued and muted place. So wayward – but with a quick wit that was very funny. But deeply childish.' Kind, though. She was facing prosecution; Blandford thought she looked too scruffy for court and treated her to a haircut in an expensive Beauchamp Place salon.

That's the good Blandford, on and around drugs. There are less appealing stories – 'crappy, low-life stuff,' as one then druggie put it; tales of theft, extreme bad temper, arrogance. But one fellow who suffered many close encounters with him through 'his really, really bad phase' still says he 'was always full of enthusiasm for life, always joking around'.

And always driving far too fast. Charlie Mortimer, co-author of *Dear Lupin... Letters to a Wayward Son*, is another petrolhead who frequently used to see Blandford calling on a neighbour. 'He had very good taste in cars: a Nissan Skyline – aka the Coffin. Could lick the arse off any Porsche you care to mention. I thought of writing to him and proposing we got together a race for the Wayward Sons' Trophy.' AA Gill recalls a weekend spent at the Monaco Grand Prix with Jamie: 'A weekend of hideous noise, sitting on a yacht in that ghastly ashtray of a harbour. He loved it.'

PHOTOGRAPHS: LFI, REX FEATURES, CAMERA PRESS

But those cars and those drugs constantly drew the law's attention, and the press's – in 1986 Jamie admitted to spending £20,000 on cocaine and heroin in four months. By 1994, Sunny had had enough and attempted to disinherit Jamie. Battles were fought in the courts, and a settlement was reached. Jamie would inherit the title, but Blenheim and the estate would be run by his half-brother Edward – under a board of trustees, just as Sunny laboured under a board of trustees. Provided he didn't kill himself with drugs, Blandford would become Duke of Marlborough.

Death wasn't always far away. In 1999, Jamie had a horrific car accident and spent five hours in the operating theatre. As often happens, the morphine used to dull the pain scratched his addictive itch. But help was at hand. Jamie's first marriage had foundered quickly; though he and Becky had only divorced in 1998, there had been difficulties almost immediately. Still, the couple had a son, George, now 22 and himself the new Marquess of Blandford. Described as a sweet, very shy young man, he read law at UCL, recently got his pilot's licence and last summer led the Blenheim Palace polo team to their second successive victory in the County Cup at Cirencester Park Polo Club; an accomplished player, he's also an ambassador for La Martina, the Argentine sportswear brand. His father is, says Tim Kite, polo manager at Cirencester, often on the touchline, vociferously egging on his son. In his turn, George is said to have upbraided Sunny for being abrasive with his father – there's a Churchill for you.



Jamie's ex-wife Becky Blandford with their son George at Royal Ascot, 2009

But, a friend says, Jamie is 'a very lucky man'. In the mid-Nineties he met Edla Griffiths, a Welsh-born ceramicist who, like Jamie, lived in Chelsea. He wooed her and won her. They married in 2002 and have two children, Araminta, seven, and Caspar, six. Edla is 'good news', says an ex-girlfriend, 'I really like her.' 'She's settled him down, which is always a good thing,' says one old (but long straight) drug compadre. And she's 'down-to-earth, pleasant, normal – not at all marchionessy', according to one social observer who met her before her elevation.

'Jamie settling down' is perhaps hyperbolic. He had a wild ride in 2007, clocking up a raft of motoring and road-rage offences that saw him jailed for six months. Edla is said to have put her foot down: it was her or the drink and drugs. 'Her' seems to have won. Gone is the Jamie who'd rampage through the streets of Verbier, where he often spent two to three months a year, 'shooting out the streetlights with a shotgun', as one night club owner told *The Sunday Times*. In his place is the 'sweet, kind' Jamie who chanced on a lost Christopher Sykes and his then 15-year-old son and helped them across a treacherous snow trail. Gone is the Jamie accused of racially abusing a Sikh taxi driver. Instead, there's the Jamie who holidays at the Peponi Hotel in Lamu; the Jamie who, says Patrick Holford, the well-known nutritionist and part-time Lamu resident, is known to all as 'a well-liked, generous, amiable' fellow. I can believe it: one recent dinner companion reports that he's 'a gag-a-minute. Dog jokes, fart jokes – quite hilarious. Quite rotund, a bit red-faced, but a jolly, avuncular figure.'

The jolliness was always there, but John Bird, the founder of *The Big Issue* and himself a man who once slept on the streets, saw a different Jamie when, in 2009, the then marquess took part in a reality TV series called *Famous, Rich and Homeless*. The conceit was that rich and famous folk be given a sleeping bag and dumped, penniless, on the streets of London to experience exactly what homelessness was; Bird was one of the presenters. Jamie made a blustering speech to camera, invoking the Churchill name as a talisman with which he'd face the horrors ahead – despite showing Rosie Boycott, another participant, the bulging wallet he'd secreted amongst the charity clothes all had been given. He promptly slunk off to a Chelsea hotel and spent the night there, leaving his (alas, unused) sleeping bag in the hotel car park and claiming to have slept in it.

He left the show and was vilified – but not by John Bird, who takes a more nuanced view. It was, Bird told me, 'strange to meet a man so marinated in privilege who was so like the people I worked with and knew from the streets – there is a kind of vulnerability, a desire to be acceptable, having been harmed by others and self-harmed oneself. If any one man was a walking advertisement that you can be laid low by circumstances, irrespective of how high up the pecking order you may have been born, then it was Jamie.' In fact, Bird felt Jamie's approach to homelessness was the most authentic: 'He behaved exactly like many of the people I work with, and like [I did in] my own time on the streets: ducking and diving, bobbing and weaving.' The programme-makers, Bird felt, were out to 'stir up class hatred; they had decided to make him look like a c**t. That he played around and left played into their hands.' But, adds Bird, 'Blandford showed CONTINUED ON PAGE TK



HELLO, LOVELY!

The new collections, on some of the most irresistible girls in the world

Photographed by MARCIN TYSZKA

Words by LUCIANA BELLINI

Styled by DEEP KAILEY



GUCCI

IMOGEN WATERHOUSE

Imogen may be following in her big sister Suki's footsteps by modelling, but she's got her eyes set on a bigger prize – Hollywood. An Oxford-trained actress, the 20-year-old says her dream role would be to play Pattie Boyd in an Eric Clapton biopic. She spends her weekends at Stamford Bridge, cheering on Chelsea and lusting over José Mourinho: 'I've always thought he was sexy.' ▷

THIS PAGE, LINEN JACKET, £2,720; COTTON SHIRT, £490.
OPPOSITE PAGE, JACKET, £9,870; SILK-GEORGETTE SHIRT, £1,900; SUEDE SKIRT, £1,160; LEATHER & SNAKESKIN SHOES, £700

See Imogen behind the scenes at TATLER.COM



VERSACE

MOLLY MOORISH

As you might expect from a daughter of Liam Gallagher, Molly, 16, has a rebellious streak. She recently snuck off to get her belly button pierced without telling her mother, the singer Lisa Moorish, and is known for her hot temper. She's also a politics whizz at school and can solve a Rubik's Cube faster than you can say '(What's the Story) Morning Glory?'

SILK-CADY DRESS WITH ATTACHED SILK-CADY SHORTS, £1,375



LOUIS VUITTON

QUENTIN & JEMIMA JONES

Quentin, *near right*, is one of those annoyingly cool girls who does a bit of everything and does it well – like illustration, photography and arty filmmaking. The 30-year-old moved back from New York to Primrose Hill last summer to live on the same street she and Jemima grew up on. You want to be friends with Jemima, 27, because she will invite you to her Ladbroke Grove kitchen and cook you something delicious, like homemade dumplings followed by spaghetti alle vongole. Why do you think Ben Goldsmith was so keen to marry her? Her catering company, Tart London, rustles up epic feasts for top fashion shoots. ▷

QUENTIN WEARS SEQUINNED SILK DRESS, £5,400; WOOL LEGGINGS, £480; CANVAS BOOTS, £740; RESIN EARRING, £550. JEMIMA WEARS SEQUINNED SILK DRESS, £5,380; WOOL LEGGINGS, £480; EEL-LEATHER BOOTS, £800; RESIN EARRING, £550 (JUST SEEN)



CHANEL

CAROLINE SIEBER

As a fashion consultant and brand ambassador for Chanel, 32-year-old Caroline – Caro to her pals – is used to being the chicest person in the room. But she's getting a run for her money in the swank stakes from her absurdly cute poodle-mix puppy, Swifty. Spot them taking long walks in Holland Park or trotting between Daunt Books and Daylesford on Westbourne Grove.

COTTON SHIRT, £3,580; LAMBSKIN SHORTS, £4,045; PATENT BELT, £410. BRA, FROM A SELECTION, BY **INTIMISSIMI**



BURBERRY PRORSUM

CHARLOTTE WIGGINS

Don't challenge Burberry model Charlotte, 21, to a keepy-uppy competition – the former football champ will beat you every time. Instead, get her to cook you her famous chicken soup: it's her grandmother's secret recipe. ▷

SUEDE & PATENT JACKET, £2,995; SILK-CREPE DRESS, £1,495. LEATHER BROGUES, £535, BY **AMELIE PICHARD**



RALPH LAUREN COLLECTION

SOFIA BLOUNT

The 8th Duke of Wellington was her grandfather and she's a human rights lawyer, so Sofia, 31, never imagined she'd travel the world in a cramped bus with 12 smelly chaps. But that's how she's spent the last year, on a worldwide tour with her husband, James Blunt, and his crew. Now she's looking forward to settling back into their life in Ibiza.

SILK DRESS, £3,850



MICHAEL KORS

JACQUETTA WHEELER

Jacquetta may have made her name as a model, but these days the 33-year-old prefers to spend her time on the other side of the camera, taking pictures of her puppy, her travels and, er, her pregnant friends. Naked. 'My friend's husband asked if I would photograph her nude, so I said yes. Now I want to start doing it professionally.' Limber up, ladies. ▷

EMBELLISHED SILK DRESS, £8,000



ROBERTO CAVALLI

AMBER LE BON

Amber Le Bon – model, DJ and daughter of supermodel Yasmin and Duran Duran's Simon – has a surprising confession. 'I'm secretly a huge geek,' she says. 'I love anything technical.' Spot her manning the decks at London's hottest parties, where the 25-year-old will be swaying to her favourite song, 'September' by Earth, Wind & Fire.

SILK-GEORGETTE DRESS, £8,010.
LEATHER SANDALS, £485,
BY **ROGER VIVIER**



FENDI

PORTIA FREEMAN

Portia, 26, has a prodigiously double-jointed thumb. The model is also mother to the world's cutest four-year-old, Dylan, and is currently expecting another baby with Pete Denton, the Kooks' bassist. Gene-pool jackpot. ▷

EMBELLISHED SILK DRESS, £7,000



DIOR

BIP LING

When Bip, 25, is not blogging, DJing, acting or writing pop songs, she is 'mooching'. This is an important word in the Ling lexicon, meaning 'having a good old time, hanging out, keeping it real, wearing cool clothes, while drinking pink champagne and listening to Katy Perry'. Bip is quite specific about these things.

EMBROIDERED SILK-CREPE DRESS, £4,300



DOLCE & GABBANA

LILLIE RAGE

Model and law student Lillie, 23, may run with a crowd that includes Sting's daughter Eliot and the Ferry boys, but she's fairly normal. Her favourite snack is cucumber sandwiches and she is probably the only model to have been scouted while shopping in Waitrose (presumably for cucumbers).

EMBROIDERED TULLE DRESS, £5,330; LACE BRA, £351; SATIN BRIEFS, £150; SILK-JACQUARD SHOES, POA

FOR STOCKISTS, SEE ADDRESS BOOK. HAIR BY DANIEL MARTIN AT D+V MANAGEMENT, USING BUMBLE AND BUMBLE. MAKE-UP BY ANDREW GALLIMORE AT CLM HAIR & MAKE-UP FOR NARS COSMETICS. NAILS BY MICHELLE CLASS AT JED ROOT, USING ESTEE LAUDER & AERIN. MODELS, IMOGEN WATERHOUSE AT NEXT MODEL MANAGEMENT, LILLIE RAGE AT ANTI AGENCY LONDON, CHARLOTTE WIGGINS AT SELECT MODELS. PRODUCTION, ELLE KORHALILLER. FASHION ASSOCIATE, AILSA MILLER. FASHION ASSISTANT, EVA RAMIREZ

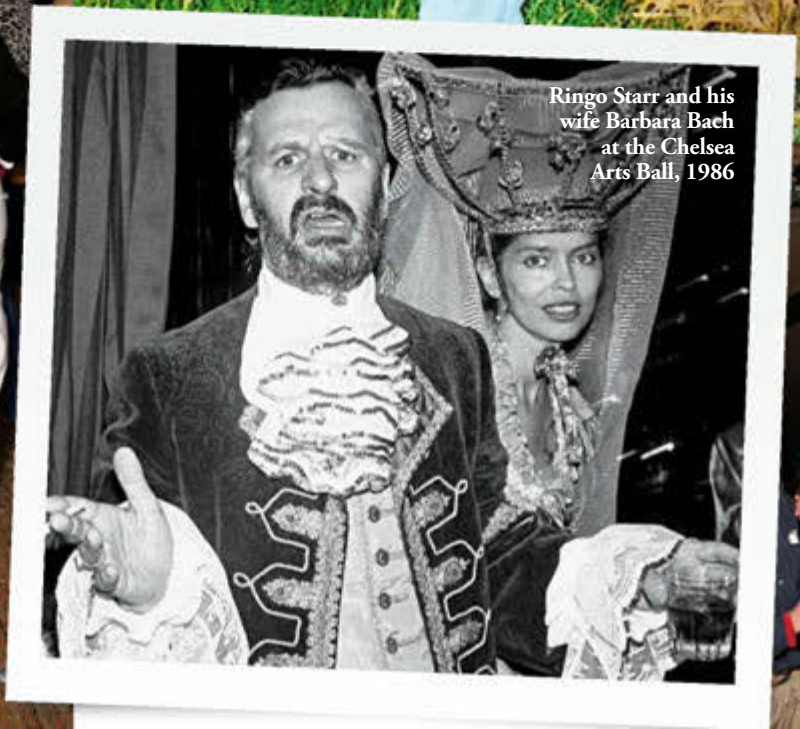
Sir Jeremy and Lady Bagge at a Wild West party they threw for their children, Stradsett Hall, 2002

GET YOUR KIT

Fancy dress is not frivolous, it's high-priority, life-affirming, top toff fun. Now, what did I do with that headdress? asks Mary Killen



Tom Gibbs at a circus-themed party hosted by the King's Royal Hussars at Aliwal Barracks, 2014



Ringo Starr and his wife Barbara Bach at the Chelsea Arts Ball, 1986

Below, Rob Windsor and Ben McGuire, Aliwal Barracks, 2014





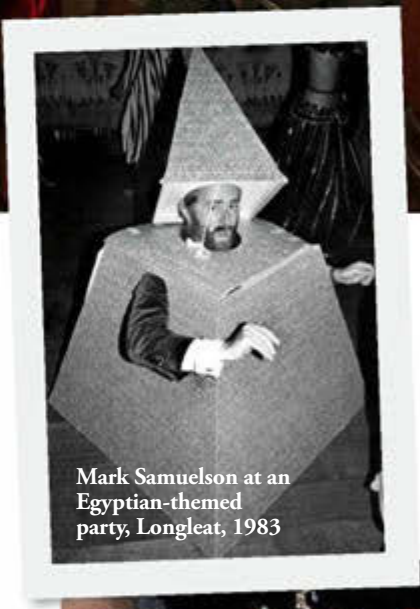
Cain Hayward-Hughes, James Hanna and Charlie Eddlestone at a 'Guilty Pleasures: Deadly Sins' party, 2013

ON



Hugh Godsal and Katharine Goodison at a Royal Academy party, London, 1991

PHOTOGRAPHS: ALAN DAVIDSON, DAFYDD JONES, DARREN GERRISH, HUGO BURNAND, DAN STEVENS, ANTOINETTE EUGSTER



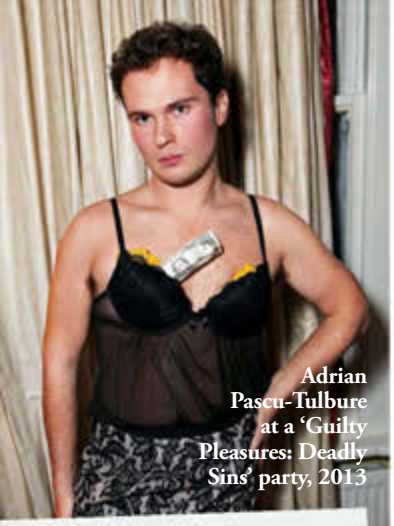
Mark Samuelson at an Egyptian-themed party, Longleat, 1983

What is it about dressing up that gives so many fully grown toffs such pleasure? The fancy-dress or – as it is now known – 'themed' party is a favourite on the upper-class social calendar. 'It's because it drives a coach and horses through the usual English reserve,' says Bentley's Entertainments party planner Peregrine Armstrong-Jones. 'It gives the wearer a chance to make everybody enjoy the hilarity of his or her arrival.'

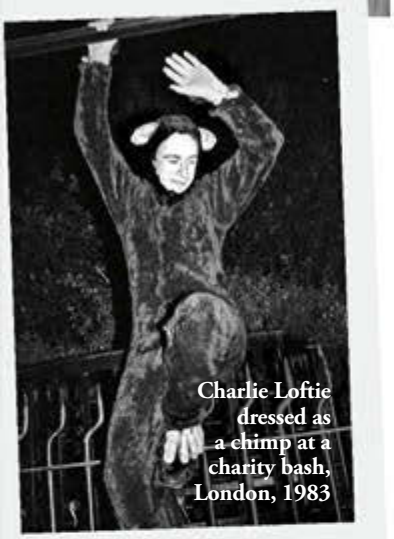
Perhaps it is the vanishing reserve: we know how quickly our identities are overwhelmed by the temporary personas we channel when in costume – and even more so when masks are worn. Inhibitions disappear when we know the blame for inappropriate behaviour can be laid at the feet of the temporary personality. The excitement of preparation is such that, when we arrive, others invariably laugh at our costumes – even when they are not especially funny, though some themes have more scope for hilarity than others. 'Come as Nick' said the invitation for the surprise 40th for Devon-based eco-expert Nick Dixon. ▷



Princess Margaret at a Royal Opera House fundraiser, London, 1982



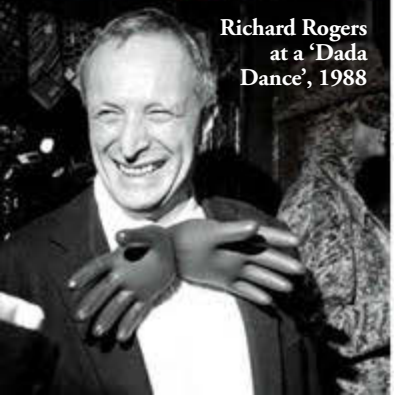
Adrian Pascu-Tulbure at a 'Guilty Pleasures: Deadly Sins' party, 2013



Charlie Loftie dressed as a chimp at a charity bash, London, 1983



Ed Lane Fox looking angelic at the Whizz Kids Ball, London, 2000



Richard Rogers at a 'Dada Dance', 1988

◁ A surreal scene ensued as male and female guests alike began to arrive, all in bobble hats and muddy tweeds, these costumes supplemented at the door with padding for the cheeks and plain-lens spectacles from Poundland, distributed by Nick's mischievous girlfriend. The hilarity was cumulative.

A theme such as 'Come as Nick' is easy to achieve, and has the benefit of not making guests go through the nuisance of having to go to Angels or a charity shop or the National Theatre's costume-hire rooms in Kennington. We can't all enjoy the privilege of access to the Wardrobe Department at Port Eliot, where lit-fest-goers and house guests can drop in if they feel like a change of guise. Perhaps inadvertently, the 'Burlesque' theme chosen by Tian Rong – whose parents hired the Serpentine Sackler Gallery for his 21st-birthday party – turned out to require little effort from invitees. 'Most girls already own fishnet tights, corsets and ruched skirts,' observed one of his Old Marlburian guests. 'And if they didn't, then H&M on Ken High Street was just down the road.' Male guests could get away with bow ties and bare chests – an aesthetically acceptable option when you are a male of circa 21 years old.

More demanding was the 'Carnival' theme ordered by Declan Morrison for his 21st at Fonthill last summer, said by many to have been the party of the year. Boys had to put a bit of effort into finding ringmaster and clown costumes, to say nothing of whips, and girls needed to go further than their mothers' old-clothes cupboards to find sequinned bikinis and feathered headdresses.

The late Euan Graham, principal clerk of private bills at the House of Lords, used to arrive at fancy-dress parties in his normal clothes but would turn his plain white shirt back to front and claim he had come as a country vicar. Others are all too eager to embrace their inner child or woman. Some of these have been emboldened by the examples of not only Grayson Perry but also John Lycett Green and John Phipps, Earl of Mulgrave, who are never happier than when dressing up as women. 'When they had a singalong to *The Sound of Music* at Snape, there was a prize for best fancy dress,' says satirist Craig Brown. 'Everyone chose to come either as Nazis or nuns, with hundreds of Suffolk farmers dressing up as nuns. British men love dressing up in drag – our butcher was always slipping into a dress on Red Nose Day.'

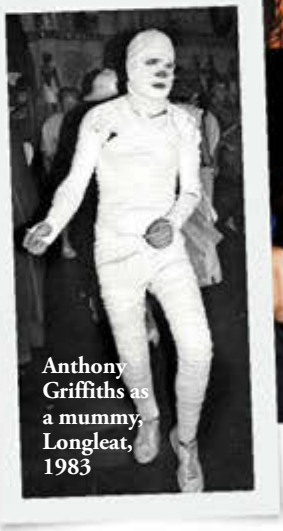
Artist Imogen Lloyd, stuck for a last-minute costume, cut three circular holes in a Currys delivery box for a dishwasher and poked her head and arms out of it, claiming she had come as a box. And interior designer Camilla Guinness had a similar stroke of genius when she turned up at a Lambton fancy-dress party in the North-East some years ago. The theme was 'Come as a Famous Historical Figure'. On first appearances, the sultry, wasp-waisted siren seemed to have come as herself – but no, she insisted. She had come as Norma Levy (the sultry, wasp-waisted call girl whose relationship with Lord Lambton had chased the peer out of government). Subtle! And best of all, inoffensive to Lord Lambton, who didn't even notice. □

For more fancy-dress corkers from the Bystander archive, visit tatler.com



Charles Murray, Aliwal Barracks, 2014

PHOTOGRAPHS: DARREN GERRISH, HUGO BURNAND, DAN STEVENS, DAFYDD JONES



Anthony Griffiths as a mummy, Longleat, 1983



Nick Barham and Roger Weatherby at an Arizona-themed party, London, 1999



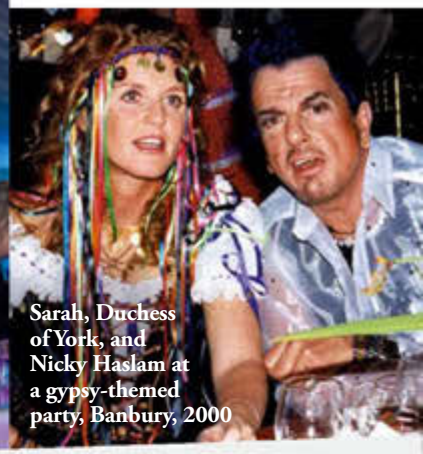
Ed Lloyd-Owen and Fiona Innes at the Bagges' Wild West party, 2002

Below, David Aisher dressed as a racing yacht at a Cowes Week party, 1991





Henry Hird, Lucy Jackson, Camilla Ponsonby and Thomas Howard at the 'Leather & Lace' Bicester Hunt Ball, 2013



Sarah, Duchess of York, and Nicky Haslam at a gypsy-themed party, Banbury, 2000



Mrs Jason Howard and Mr Jason Howard, 1992



Sophie Philips, Alastair Cuddeford and Princess Hermine de Clermont Tonnerre at a party in Spain, 2002



John Kavill at the Bicester Hunt Ball, 2013



THE BAMFORD BOY

George Bamford understands upscale – his father is the billionaire digger king and his mother is the inspired tastemaker behind Daylesford – so who better to found his own luxury business, customising super-expensive watches, bicycles and eyewear? By Sophia Money-Coutts

Trot down South Audley Street and, just opposite the Qatari embassy, you will find a tall white townhouse. So far, so Mayfair. But step into that tall white townhouse and you will enter a kind of sexy man cave, with furry walls, thick carpets and heavy, studded doors that can only be opened with keycards.

Once you've been buzzed in and let through two further doors deeper into this pad, a sort of Blofeld's lair, you will be ushered into one of several dark, masculine rooms. 'Client rooms', they're discreetly called. And then, once inside a client room, you will find a roaring fire, floor-to-ceiling bookshelves, hulking leather armchairs and, in each and every one, a gigantic glass bowl of blue M&Ms.

'I've just always liked M&Ms,' explains George Bamford, the 35-year-old creator of this macho grotto, offering me a sweet. And these are not just any M&Ms – they're personalised, with 'BAMFORD' stamped on them. Branding is key in this office, the new headquarters for George's 11-year-old company, Bamford Watch Department. It's a deceptively non-snappy name for a much funkier luxury business.

Say you're a tycoon and you wear a Rolex that cost £40,000. Well done, you – that's a pretty swanky status symbol. But what happens if you go to a meeting with another tycoon and find they're wearing exactly the same watch? You might feel a bit sad. You might feel like one of those Hollywood starlets who has appeared on the red carpet wearing the same dress as her arch-nemesis. Which is how George felt 12 years ago when he went to a dinner party wearing his Rolex Daytona, a birthday present from his parents, Sir Anthony and Lady Bamford, and discovered six other chaps wearing the same watch. 'I was crestfallen,' says George. 'So I started thinking 'OK, how do I differentiate this?'"

His answer was Bamford Watch Department, a company that takes your Rolexes and your Patek Philippes and pimps them. Have you always felt that your boring old TAG Heuer needed jazzing up? That it required orange dials and a skull and crossbones on its face? George can arrange it. Or what about a gold Rolex with a cartoon of Popeye as its dial, his rippling arms spinning around the face telling the time? 'Our motto is "If you can imagine it, we can create it,"' he says. 'Prices start at £8,500 and go to the roof.'

What kind of roof are we talking about? A six-figure roof? A seven-figure roof? George, a ringer for Matt Damon, is too diplomatic to say, but he did create a Rolex for a former American president that had a state flag for a dial. For another client, to celebrate his wedding day, Bamford Watch Department stuck a little heart on the date wheel. Stylish *and* useful, because now that client need never forget his wedding anniversary. Once suitably pimped, all Bamford watches are coated in George's most closely guarded secret – a special, scratch-proof unguent called MGTC (military grade titanium coating). It's so secret, in fact, that it can't be applied in his Mayfair lair. It has to be sprayed on in a secret military bunker. The process usually takes six to eight weeks and then – ta-dah! You are presented with your very own James Bond watch.

George himself is also quite secretive about how many watches he owns. 'It's between X and X,' he says. 'Too many.' Today, he is wearing a new version of one of his old Rolexes. It's black with a weird-looking kind of animal just beneath the dial.

'Is that your dog? I ask.

'No, it's my family crest,' says George.

But the Bamford crest isn't a dog. It's a gryphon with two swords.

The family, which made its fortune in mechanised farm equipment, is worth around £3.1bn, so it's really no surprise that George is a sucker for an expensive gadget. An Old Amplefordian who went on to study at Parsons School of Design in New York, he first worked as a photographer, assisting Rankin and, in turn, shooting campaigns for the likes of Anouska Hempel. In 2009, he did an early fashion shoot with Cara Delevingne as Alice in Wonderland for *ES Magazine*. A print of the picture now hangs in the playroom of the Chelsea house he shares with his wife, Leonora, who runs a parenting blog called Mybaba.com, and their two children – Caspian, five, and Scarlett, four.

> 'OUR MOTTO IS "IF YOU CAN IMAGINE IT, WE CAN CREATE IT"'

But despite the branded M&Ms and the crested watch, George is keen to emphasise that he's striking out on his own. 'No one actually knows that JCB stands for Joseph Cyril Bamford,' he says. 'It was the final question on *Who Wants to Be a Millionaire*, and I think the guy got it wrong anyway. My father said, "Go and make your own bones, then I'll see about inviting you into the family business."'

So George is setting about creating his own Bamford empire. He's just opened a watch office in New York, but his enthusiasm for gizmos and accessories is spreading. He now oversees Bamford Cycle Department, where you can get your bike pimped. And coming soon is Bamford Optical Department, which will sort you out with a funky pair of glasses. Seriously, if you can't stretch to a £20,000 Rolex, then it's worth thinking about some spectacles, if only because you might get to see the inside of George's magnificent office. □



Leonora & George Bamford, 2009



Leonora & George with Sir Anthony, Lady & Alice Bamford, 2008

PORTRAIT BY BEN KULA. PHOTOGRAPHS: MARCUS DAWES, ALAN DAVIDSON



Pamela with her mother, Constance Pamela Alice Digby, 1933



Pamela and Randolph Churchill on their wedding day, 1939



Pamela with her son, Winston, in 1940



On the June 1938 cover of *Tatler*



Pamela photographed by John Rawlings for American *Vogue*, 1946

THE LIFE OF THE PARTY

Charm and determination transformed Pamela Harriman from a stout wallflower into the most powerful and accomplished hostess of her age. In the process she acquired trophy lovers, a huge fortune and global political influence. Andrew Wilson investigates her tragedies and her triumphs

PHOTOGRAPHS: JOHN RAWLINGS/CONDE NAST, CECIL BEATON/CAMERA PRESS, TOPFOTO, MARY EVANS PICTURE LIBRARY

When Pamela Digby was 12 years old, she used to ride her horse through the Dorset countryside and force it to jump the erect penis of the Cerne Abbas Giant, shouting 'God, it's big!' That, at least, is one of the lively stories told about her. There were many stories to tell. Pamela Churchill Harriman (as she would later be known) was one of the most talked-about women of her age: beautiful, vivacious, voracious; her name a byword for charm and glamour.

During the course of her life she amassed a £65m fortune and an equally impressive list of lovers, including Gianni Agnelli, Baron Elie de Rothschild and Stavros Niarchos. By the end of her life – she died in February 1997 – she had been made US ambassador to France, the first woman to hold that position. Her prowess as a hostess was legendary: she planned each of her dinner parties with extraordinary finesse and attention to detail. Her skill, her super-power, the thing that those who came into contact with her still remember, was her ability to make everyone she spoke to feel like they were the only person in the room, even if it was a party for hundreds.

'She was what I believe is vulgarly called a "power entertainer,"' says her nephew by marriage, Sir Nicholas Soames, the Conservative MP for Mid Sussex, who witnessed Pamela in action when he worked for Senator Mark Hatfield in Washington in 1976. 'I did have cosy dinners with her and Averell [W Averell Harriman, her multi-millionaire third husband], but that is not what she liked.' Rather, Pamela preferred orchestrating lavish events where she could play the role of supreme networker. 'She never gave a dinner without a purpose,' adds Sir Nicholas. According to Sally Bedell Smith, author of *Reflected Glory: The Life of Pamela Churchill Harriman*, Pamela transformed herself into a social entrepreneur. 'She had the skill set that women of her generation and class were expected to have – being decorative, knowing how to lay a table beautifully, keeping the conversational ball in play, managing a household and making connections – but she took these to the next level and made them a kind of high art, and used them in a bold manner on an international scale.'

Nicky Haslam, who went to Eton with Pamela's son, Winston Churchill (who was named after his famous grandfather), remembers attending many lunches and dinners at her homes in Manhattan, Westchester County and Barbados. 'She had this ability to concentrate on the person she was talking to so as to make them feel perfect,' he says. He first met her when he was still at Eton. 'It was a very dreary evening, quite dark and foggy, and this bronze-coloured Rolls-Royce emerged from the gloom,' he says. 'The lights were on inside the car and you could see this elegantly dressed woman with beige fur around her neck. The door opened and I saw a crocodile shoe, and Pamela stepped out wearing a Dior suit. It was my first experience of real glamour.'



Pamela at a debate during the 1992 US presidential election campaign. *Left*, four of the men in her life

Gianni Agnelli, 1959


Baron Elie de Rothschild, 1955


Stavros Niarchos, 1957


Pamela with Leland Hayward, 1959

This supremely confident creature – who at one point was so in demand that she told a friend that her next available date for a quiet dinner was in nine months' time – was very different from the rather awkward, plump-looking young woman who came out in London in 1938. Born in March 1920 to the 11th Lord Digby and his wife, Constance Pamela Alice, she was far from popular. At balls she was often seen without a partner and a fellow guest once whispered to his companion, 'I see the chestnut mare's in foal again' – an unkind reference to Pamela's weight. 'We always used to know her as "Miss Fat,"' recalled her brother, Eddie. 'And she was very conscious of this. I remember a forester in Ireland saying, "Ah, she's a fine stout girl." And that mortified her.' The novelist Nancy Mitford wrote to a friend: 'She was a red-headed bouncing little thing, regarded as a joke by her contemporaries.'

But, unbeknownst to those around her, Pamela was plotting to transform herself. 'Part of the rocket fuel of her motivation was to prove them all wrong, to show them – particularly the women – what she could do,' says Bedell Smith. 'Her life was a form of revenge, the ultimate "I'll show you" – and what a triumph it proved to be.'

Pamela's first coup came in the form of a marriage proposal from Randolph Churchill, the son of the future British prime minister.

PHOTOGRAPHS: REX FEATURES, GETTY IMAGES, PRESS ASSOCIATION, CORBIS

'My mother was actually the fifth young lady to whom my father had proposed marriage in the three or four weeks since the war had broken out,' said the couple's only son, Winston, who died in 2010. 'My mother was the first to accept.' The marriage was more of a business arrangement than a love match: Randolph was going off to war and needed an heir. The couple married on 4 October 1939, only a few weeks after they had met. At their wedding at St John's in Smith Square, the guests turned up to the service equipped with gas masks, which in some cases also served as handbags.

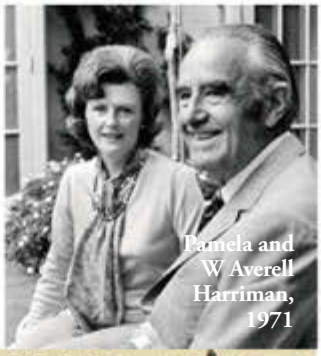
Winston was born in October 1940, and although their relationship was not conventional, he grew to adore his mother. 'She was not maternal... and so I did my best with a non-maternal mother,' he said. 'From the age of eight or nine, if she didn't have a male escort, I was expected to be there in my navy-blue suit and white silk shirt and smart tie.'

His parents' marriage was not a success. Randolph was a heavy drinker and gambler, while it seems that Pamela was free with her favours. 'My mother [the late Mary Soames, sister of Randolph Churchill] in particular took a very dim view of Pamela,' says Nicholas Soames. 'My mama was not someone to bear a grudge, but she was unbelievably loyal to her brother and her sisters. She never had much time for Pamela.'

In contrast, the prime minister who led Britain through the Second World War felt particularly close to his daughter-in-law. Pamela would help raise Churchill's spirits during his bouts of depression; she would play bezique for hours on end and sit with him while he watched one of his favourite films, *That Hamilton Woman*, starring Vivien Leigh and Laurence Olivier. Could their relationship have been more than platonic? 'I don't know, but I wouldn't put it past her,' says Bedell Smith. 'But having a decorative woman around who would entertain him and flatter him was more important at this point, I think.' In turn, Pamela learnt an important lesson from Churchill: that even the most powerful men have their vulnerabilities.

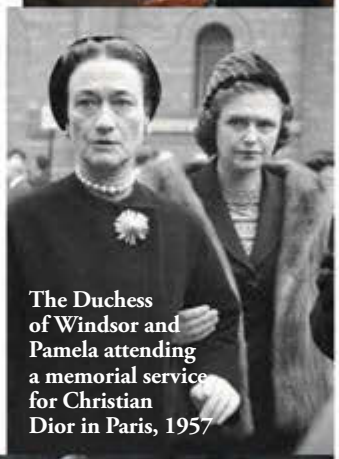
At Chequers, in the spring of 1941, Pamela met the railroad heir and American businessman W Averell Harriman and within a matter of weeks the two had become lovers, even though both of them were married. One night in April, while Pamela and Averell were attending a dinner at the Dorchester, London was struck by a heavy bombing raid and the couple retired to Harriman's suite. 'It was a rip-roaring wartime affair,' said Winston. 'My mother and Averell ended up diving under the same bed.' When Randolph returned briefly from the war, he was shocked to discover his wife's affair and even accused his father of encouraging the relationship. The marriage deteriorated further – the couple eventually divorced in 1946 – and Averell, who had a wife back in America, set Pamela up in a luxurious flat in Grosvenor Square. 'When Pamela met a man she adored, she just unconsciously assumed his identity, as if she were putting on a glove,' said the late Leonora Hornblow, who was a friend.

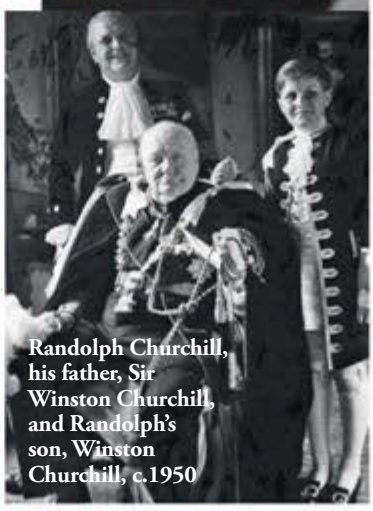
After Harriman was appointed US ambassador to the Soviet Union in October 1943, Pamela moved on to the handsome American broadcaster Edward R Murrow (who, she hoped, would marry her, but he returned to his wife), the socialite Prince Aly Khan (who was famous for using the ancient 'Imsak' lovemaking technique, which involved holding back from climaxing for hours on end) and the Fiat heir Gianni Agnelli. For all his wealth, Agnelli was, according to Bedell Smith, 'a very provincial character at the end of the war, and he needed legitimacy and contacts. Pamela understood precisely what he required and she introduced him to Churchill, to Lord Beaverbrook and to Roosevelt's son, and got Agnelli the Fiat franchise for North America. And for that he was everlastingly grateful.'


Pamela and W Averell Harriman, 1971


Pamela's coffin leaving Orly airport, 1997


Pamela and Bill Clinton at a fundraiser at her home, 1992

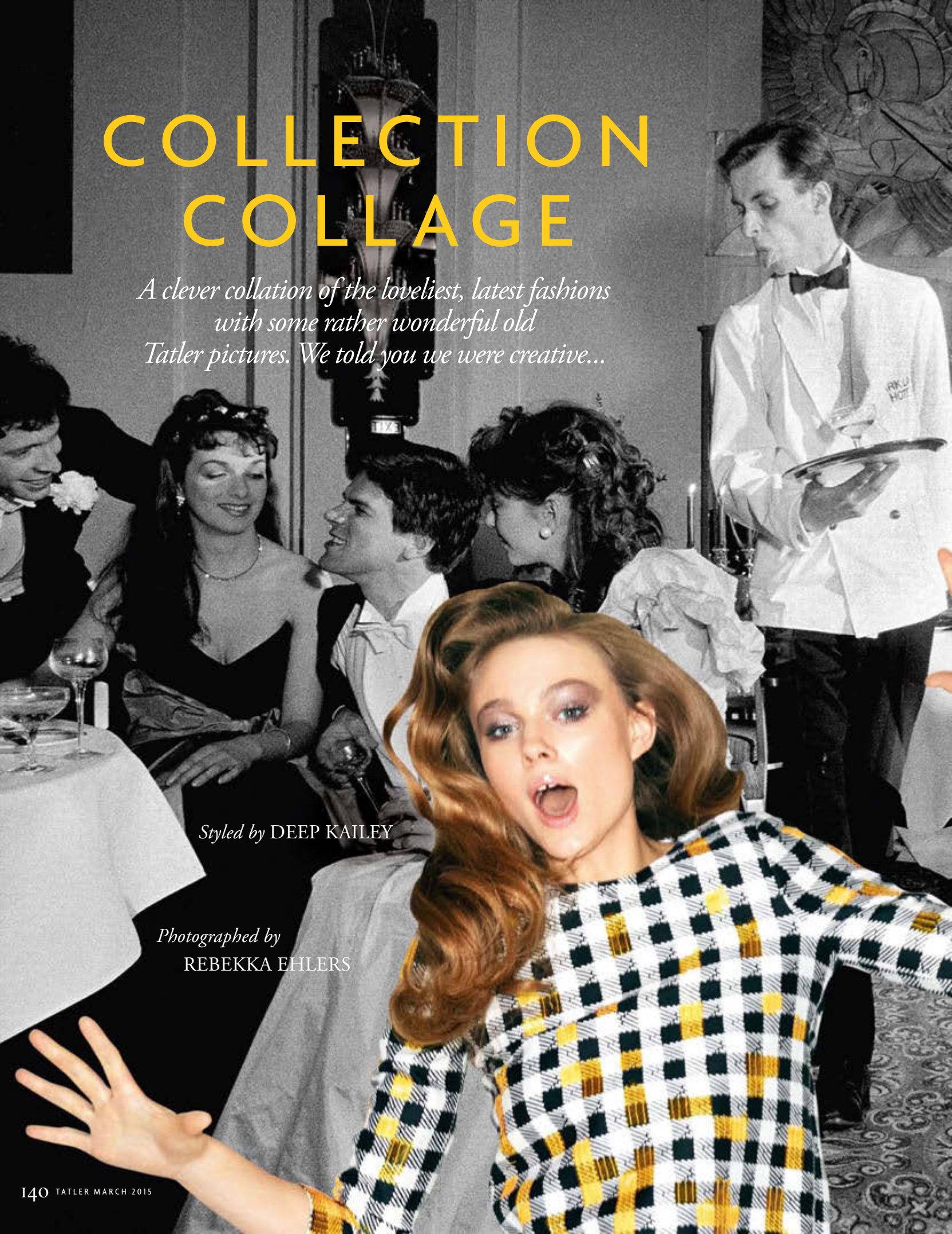

The Duchess of Windsor and Pamela attending a memorial service for Christian Dior in Paris, 1957


Randolph Churchill, his father, Sir Winston Churchill, and Randolph's son, Winston Churchill, c.1950

Pamela hoped that by converting to Catholicism, which she did in March 1950, and by pleading with the Vatican to grant her a 'decree of nullity' for her first marriage, she would prepare the ground for a marriage to Agnelli. 'He was the greatest love of her life, I think,' says Bedell Smith. 'She did everything she could to snag him.' But when Pamela discovered that she was pregnant, he forced her to go to Switzerland for an abortion. 'That was probably the lowest moment of her life.'

The affair reached crisis point when, in August 1952, 32-year-old Pamela returned unannounced to La Leopolda, Agnelli's villa in the South of France, and discovered him with a beautiful 21-year-old, Anne-Marie d'Estainville. For once, Pamela lost her composure – 'she was like a tornado,' said Anne-Marie later. Agnelli left the villa with Anne-Marie. 'They flew off into the night and had a terrible car accident,' said Bedell Smith. Friends pulled Anne-Marie out of the car and bathed her wounds in gin, but Agnelli's leg injuries were so serious that doctors thought they might have to amputate. By the time Agnelli recovered, Pamela realised that he would never marry her. 'Everyone knew it was over with Gianni when Pam stopped answering the phone by saying "Pronto,"' said one friend. 'But then she started answering, "Ici Pam," and people wanted to know, "Who has she got now?"'

Her next conquest was Baron Elie de Rothschild. 'I like a woman who is quiet in bed, a woman who is lovely to wake up to – Pam was that,' he told a friend. By this time Pamela was dressing in Balenciaga and Dior, having a daily appointment with celebrity hairdresser Alexandre de Paris and taking a suite at the Palace Hotel in St Moritz for the winter. Noël Coward remembered meeting her in Geneva and finding her 'in a dreadful dilemma because there wasn't a safe in the Hôtel des Bergues big enough to hold her jewel case'. Despite a number of other affairs – significantly, Stavros Niarchos – Pamela realised that she would have to remarry soon to ensure her reputation. She fixed her sights on Broadway and film agent and producer CONTINUED ON PAGE 219



COLLECTION COLLAGE

A clever collation of the loveliest, latest fashions with some rather wonderful old Tatler pictures. We told you we were creative...

Styled by DEEP KAILEY

Photographed by REBEKKA EHLERS



PRADA
THIS PAGE,
COAT, POA;
WOOL JUMPER,
£745; SILK-
BROCADE
SKIRT, £1,310.
LEATHER HEELS,
£695, BY **MANOLO**
BLAHNIK

DVF
OPPOSITE PAGE,
SILK & COTTON
TOP, £348

BACKGROUND
PHOTOGRAPH
BY DUDLEY
REED, MAY 1982



OSCAR DE LA RENTA

SILK-ORGANZA TOP, £1,210; SILK-ORGANZA SKIRT, £1,535

BACKGROUND PHOTOGRAPH BY PAMELA HANSON, NOVEMBER 1983



BOTTEGA VENETA

WOOL CARDIGAN, £850; COTTON DRESS, £1,475

BACKGROUND PHOTOGRAPH BY NANCY DEPRA, NOVEMBER 1982

SAINT LAURENT BY HEDI SLIMANE

TULLE & LACE SHIRT, £1,025; SNAKESKIN SKIRT, £3,545; SNAKESKIN & WOOD HEELS, £795

TOD'S
SILK & COTTON BLAZER, £1,270; SILK & COTTON TROUSERS, £598.

SILK TOP, £150, BY **MILLY**

BOTH BACKGROUND PHOTOGRAPHS BY CHARLES MARCH, JULY 1977



MIU MIU

SATIN & NYLON JACKET, £1,010; SILK TOP, £505; SATIN & NYLON SKIRT, £540; SILK-BROCADE BELT, £185

BACKGROUND PHOTOGRAPH BY ELLEN VON UNWERTH, APRIL 1990



GIORGIO ARMANI
SILK-JACQUARD JACKET, £2,010; SILK-JACQUARD TROUSERS, £815, SILK-JACQUARD & LEATHER TRAINERS, £480

BACKGROUND PHOTOGRAPH BY PETER LINDBERGH, DECEMBER 1979

FOR STOCKISTS, SEE ADDRESS BOOK. HAIR BY ROKU ROPPONGI AT SAINT LUKE, USING KIEHL'S. MAKE-UP BY ATTRACTA COURTNEY AT THE LONDON STYLE AGENCY, USING CHANEL S 2015 & BODY EXCELLENCE. MODEL, ANAIS GARNIER AT STORM MODEL MANAGEMENT. PRODUCTION, ELLE KORHALILLER. FASHION ASSOCIATE, AILSA MILLER



HERMES
SILK, COTTON,
PYTHON
& CROCODILE
CARDIGAN, £11,340.
COTTON SHIRT, £810

JITROIS
LEATHER
SHORTS, £1,410

PAUL SMITH
WOOL & COTTON
COAT, £1,390

FEATHER & ORGANZA
TOP, £995, BY **ERDEM**

BACKGROUND
PHOTOGRAPHS BY HERB
RITTS, MAY 1983,
& MICHAEL ROBERTS,
MARCH 1989 □

A STITCH IN TIME

These clothes might look familiar. That is not because there are only four ideas in fashion. That is because the Seventies were the most magnificent style decade EVER

Photographed by AITKEN JOLLY

Styled by DEEP KAILEY



TOP, £1,800; JEANS, £640, BOTH BY **LOUIS VUITTON**



CHAINMAIL DRESS, £5,320; SNAKESKIN BELT, £885, BOTH BY **SAINT LAURENT BY HEDI SLIMANE** ▷



Grace Plowden is a hot young thing. Eyes like a baby deer. Lips like marshmallows. Hair as thick as Rapunzel's. It's no wonder that her modelling career has taken off since she was signed to walk exclusively for Burberry in its fashion show last September, alongside Cara Delevingne and Jourdan Dunn (Grace cried when she got the call from her agent). But what we're really hoping is that the 18-year-old will also become famous for her other talent – playing the bagpipes. The Scottish model can do all the traditional jigs, as well as a few Coldplay tracks and a loud, wheezy rendition of 'Happy Birthday', which she plays at every family birthday party. ***Luciana Bellini***

SILK-JACQUARD COAT, £4,130; TAFFETA TOP, £635; TWEED SKIRT, £540; BROCADE BELT, £185; BROCADE SHOES, £515, ALL BY **MIU MIU**. WHITE-GOLD & DIAMOND EARRINGS, £3,250, BY **CHANEL**



WOOL & SNAKESKIN TOP, £2,725; WOOL & SNAKESKIN SKIRT, £4,465, BOTH BY **ROBERTO CAVALLI**. SUEDE BOOTS, £1,350, BY **GIUSEPPE ZANOTTI DESIGN**. GOLD, DIAMOND & MOTHER-OF-PEARL NECKLACE, £2,980, BY **CARTIER** ▷



COTTON & LINEN WAISTCOAT, £472; LUREX VEST, £264; COTTON & LINEN TROUSERS, £424; SILK SCARF, £128, ALL BY **TOMMY HILFIGER**. EEL-LEATHER BOOTS, £1,100, BY **LOUIS VUITTON**. GOLD EARRINGS, £2,700, BY **DIOR JOAILLERIE**. NECKLACE BY **CARTIER**, AS BEFORE



WOOL TOP, POA; WOOL & TWEED DRESS, POA, BOTH BY **BOSS** ▷



CHIFFON DRESS, £3,881, BY **ALBERTA FERRETTI**. LEATHER LOAFERS, £730, BY **CHANEL**. WHITE-GOLD, DIAMOND & TITANIUM CUFF, £160,000, BY **CHANEL FINE JEWELLERY**



SILK & TULLE DRESS, £6,000; LACE BRA, £365; SATIN KNICKERS, £120, ALL BY **DOLCE & GABBANA**. SUEDE BOOTS, £525, BY **RUSSELL & BROMLEY**. EARRINGS BY **CHANEL**, AS BEFORE. BRASS CUFF, £60, BY **FAY ANDRADA**

FOR STOCKISTS, SEE ADDRESS BOOK. HAIR BY LYNDELL MANSFIELD AT CLM HAIR & MAKE-UP, USING BUMBLE AND BUMBLE. MAKE-UP BY LYNSEY ALEXANDER AT STREETERS FOR L'OREAL PARIS. NAILS BY SABRINA GAYLE AT LMC WORLDWIDE, USING CHANEL S 2015 & BODY EXCELLENCE HAND CREAM. MODEL, GRACE PLOWDEN AT MODELS 1. PRODUCTION, ELLE KORHALILLER. FASHION ASSOCIATE, AILSA MILLER



Leo, Boris, Jo, Charlotte and Rachel Johnson at their house in Maine, 1979

Behind every great Johnson...

...is Charlotte Johnson, family matriarch, creative genius, generous spirit and a source of boundless strength and love to Boris, Rachel, Leo and Jo. The reclusive artist talks exclusively to Mary Killen about the breakdown of her marriage and her brilliant brood





ABOVE, A FAMILY PHOTO & CHILDHOOD APOLOGY LETTER FROM RACHEL AT CHARLOTTE'S HOUSE. *BELOW*, RACHEL & CHARLOTTE IN THE EIGHTIES

ABOVE BORIS, CHARLOTTE, JO & RACHEL, LONDON, 1968. BELOW, CHARLOTTE (PREGNANT WITH BORIS), 1964





I love Boris. Just the sight of him makes me happy. Yet even when he was editor of *The Spectator* and I was a weekly columnist, I was frustrated by only minimal access, as were all his devoted staff and, indeed, his public and petitioners, who, his secretary Ann Sindall complained, sent 40 emails a day, each of them wanting 'a bit of Boris'. Sindall acted as Cerberus so the colossus could get on with his massive projects. And then there is his reading. Once, on a holiday where all the Johnson siblings and their children were gathered together for a beach barbecue, I noted that only Boris was missing. Where was he? Hiding behind a rock at the end of the beach, engrossed in Roman history.

Rachel is just as dynamic – she can run and walk for miles, uphill as well (with an obedient dog in her wake). She can play men at tennis and swim around islands and read taxing volumes and write books quickly and make triple-word scores with every round of Scrabble. Moreover, she's also reliable and responsible. Some women bristle at Rachel's competitiveness, but my relationship with her is entirely harmonious since she would clearly win every conceivable contest she could enter against me, so there is nothing to compete over.

Boris and Rachel also have a tall, dark and handsome brother, Leo, now a television presenter on BBC World and an eco-entrepreneur. He is married to an Afghan woman, and both members of this couple are happy to tell hilariously self-deprecating stories.

The youngest is Jo Johnson, formerly a financial journalist heading the Lex column in the *Financial Times*, now head of the Downing Street Policy Unit and Minister of State. He is sporty and serious: driven, determined and brilliant – apparently even more so than Boris. His wife is the *Guardian* writer Amelia Gentleman, the daughter of the artist David Gentleman.

But where does all this genius and talent come from? How could one family contain so many über-alphas? Stanley Johnson? Hmm... An author and environmentalist, Stanley is great. He is now 74 and, apparently, as a younger man he too exuded a huge physical charisma. But no, there must be someone else. And that someone is Boris, Rachel, Leo and Jo's mother, Charlotte.

Charlotte Johnson Wahl is a painter who was diagnosed with Parkinson's disease at the age of 40. She had noticed that one of her feet had begun to feel like a flipper, and the condition has progressed slowly since then. To keep her balance, she pushes a chic black walking frame that doubles as a seat. She has suffered from OCD and depression and been a patient in the Maudsley, the south London psychiatric hospital. Mental fragility is often linked to creativity and when you enter her home you find incontrovertible evidence that Charlotte is a true artist. 'Charlotte is the genius of the family,' says Dr James LeFanu. She is also a beacon of light and humanity. It's as though she has never met anyone unpleasant in her life – the emanation is goodness, rather than innocence.

But Charlotte is a little-known figure who has so far evaded publicity. This is partly ▷

◁ because she has not lived in this country for large stretches of time and partly because, as an artist strapped for cash, she always sold each painting as she went along and therefore had no body of work for exhibitions; it is also, Rachel explains, 'because she considers personal publicity incredibly vulgar and is horrified by the amount all the rest of us get'.

Charlotte was born in 1942. Her father, Sir James Fawcett DSC, got a double first in classics at Oxford and was, over his career, legal adviser to the UN, general counsel to the IMF and president of the European Commission on Human Rights, as well as a prominent legal academic. He was a man, his *Times* obituary reported, 'of extraordinary charm and dignity and strikingly handsome'. Charlotte's mother, Bice, was the daughter of Elias Avery Lowe, a Lithuanian professor of paleography at Princeton, and Helen Tracy Lowe-Porter, who, for 25 years, was the official translator of the works of Thomas Mann from German into English.

a note asking if he could come to tea and go for a walk. So a few days later we went for a walk and he suddenly said, "Love is sweet. Revenge is sweeter far. To the Piazza. Ah ha ha har!", which made me laugh so much I fell in love with him. Then he said he had been offered a Harkness Fellowship (a bursary to study in America) and if I didn't go with him we would definitely split up.'

They married eight months later, aged 20 and 22, and she gave up her degree to accompany him to America.

Charlotte was a corker and so was Stanley. And there were happy times. Charlotte came back to Lady Margaret Hall as their first ever married female undergraduate and took her degree and got a second – not bad considering Boris was 10 months old and Rachel was in the oven at the time.

The couple had four children in nine years, the youngest, Jo, born in 1971. They moved 32 times, due to Stanley's work as an environmentalist. On Exmoor, Charlotte lived alone with the children in the Johnson family four children, mostly on her own. The challenge was made considerably easier by the fact that her chief discipline issue involved trying to get the children to stop reading so much and go outside. She remembers the three smaller children calling for Boris, their leader, to come and play with them. When asked to think of a game, Boris would invariably say, 'Let's play reading.'

Meanwhile, 'things with Stanley were very difficult. I thought I was marrying a poet but he had become very interested in the environment, he travelled a lot and he enjoyed his travels and then a dear friend told me about that...' Stanley exuded an Elvis-like charisma. Women were throwing themselves at him. Charlotte is not willing to go into details, but the inference is clear enough.

In 1979, Charlotte and Stanley divorced. The children were all very upset, though Charlotte is on 'very good terms with Stanley because I couldn't bear not to be'. She lived with the children in Elgin Crescent, Notting Hill, and continued to paint portraits to

'RACHEL IS NOT THE TOUGH PERSON SHE SEEMS TO BE, AND BORIS IS SO SOFT-HEARTED'

One of five children, Charlotte lacked confidence as a child because 'I often overheard my mother say, "Don't ask Charlotte to do it. She'll get it wrong." I felt I was the least favourite of my parents' children. However, I was Nanny's favourite, so it was all right.'

The great redeeming feature of her childhood was that, when she was five, her parents gave her a set of oil paints. 'I could handle them well and I immediately began to paint, without instruction. It was something I could make my own and be clever at. None of the others could paint.'

Charlotte got into Oxford to read English at Lady Margaret Hall but, before her own academic career had a chance to get going, she met Stanley Johnson at a dinner at All Souls held to celebrate Stanley's winning of the Newdigate poetry prize. It was 1962. 'I was engaged to somebody called Wynford Hicks, who was extraordinarily beautiful to look at but actually quite boring. Anyway, at this dinner I was between two geniuses, Alasdair Clayre, a very brilliant fellow of All Souls who used to sing medieval songs to a lute, and Stanley Johnson. Afterward, Stanley sent me

farmhouse and home-schooled them. She was blissfully happy: 'I love small children.'

But Charlotte had a problem. 'I had become extremely phobic. I was terrified of all forms of dirt. In 1974, I had to go into the Maudsley as a patient of Professor [Hans] Eysenck [the influential late psychologist]. While I was there, I did 78 paintings and they gave me an exhibition.' (It was a sell-out). Stanley was in Brussels at the time and, with the help of two au pairs, he looked after the children. Charlotte says she will never forget the pain of the children running down the hospital corridor to see her and then having to leave again.

She has since discovered that there is a connection between her depression and her disease. 'It was such a relief to find that OCD often precedes Parkinson's and is a part of it. I always felt such a bore with these ritualistic things I had to do. It's much better controlled now with medication. I also discovered that depression and tiredness go hand in hand with Parkinson's.'

Once out of hospital and back in Brussels with Stanley, Charlotte managed to continue painting at the same time as looking after the commission – among her collectors were Rachel Billington, Jonathan Miller and Jilly Cooper. She painted twins, triplets and fantasy vorticist-type skyscapes of cities viewed from above.

Then, in 1982, Charlotte met the American academic Nick Wahl. 'We were at a dinner party in Brussels given by [the diplomat] Crispin Tickell and Nick asked could he see my paintings. He was on a trial separation from his wife. There was an immediate connection. I flew out to see him and he came to see me. There were an incredible number of crossings of the Atlantic.' They married in 1988 – by which time Jo was in his final year at Eton, and the rest of the children were up and running – and lived in New York, on Washington Square.

'You could not have wished for a more engaged and loving stepfather,' says Rachel. 'He was so clever, incredibly warm, funny, loving and proprietorial. He was also exasperating – he was supposed to be writing his history of the French Fifth Republic but he put all his energy into his life.

'They lived in a large flat in perfect harmony – he writing, or allegedly writing,

Photographed by NICK BALLON

she painting. It was a great tragedy when he died a long-drawn-out death from cancer in 1996.'

'My children loved him and he they,' says Charlotte. 'Indeed he sometimes pretended they were his children. He had none of his own.' Following Nick's death, Charlotte came back from New York and settled in Notting Hill again. The Parkinson's began to get worse and 'I would spend all my time writhing and jerking.' Painting became more difficult as she had to hold her right arm with her left for steadiness. Then, two years ago, something of a medical miracle was performed by Ludvic Zrinzo at the National Hospital in Bloomsbury. 'He introduced two electrodes into my brain and linked them to a battery in my chest. It means I don't jerk any more and I can go to the cinema and the theatre again. It's bliss.'

Charlotte's children were lined up waiting for her when she was wheeled out of the operating theatre. Unfortunately, she had a brain haemorrhage immediately after the surgery and was rushed back in again. 'It was pretty frightful for them – they thought I was going to die…. But Mr Zrinzo has done 250 of these operations. People are queuing up to have it done because you do survive it.'

These days Charlotte sings with 40 other Parkinson's patients in Pimlico once a week. 'We sing and we do rounds. Lovely. It's very good and strengthens the voice... [We sing] "My Bonny Lies over the Ocean" and "She'll Be Coming Round the Mountain When She Comes". She also does ballet in a practice room in the Albert Hall. 'Mainly we do the same ballet as they are practising there. We have a flautist, piano and drummer.' She goes to the theatre and reads masses, often political biographies: 'Currently it's *The Churchill Factor* by Boris Johnson.'

Her children are, obviously, her great joy, and they are devoted to her. 'They are quite different to how they are perceived,' says Charlotte. 'Rachel is not the tough person she seems to be. She really minds about things and can become terribly upset and Boris is so soft-hearted.' The clan will be out in force to celebrate their mother at the retrospective of her work that will be held at the Mall Galleries in September. The exhibition is being organised by Nell Butler, a TV producer and family friend. Nell was dismayed to learn that Charlotte had not made a record of her prolific output and decided to throw herself into the challenge of tracking down, photographing and cataloguing the works sold to make a 'simple home-produced book of them'. Yet so impressive were her findings that she planned an exhibition instead: 'I'm passionate about Charlotte's paintings. I think she's the most brilliant original talent. And her brain is an extraordinary engine... not totally under her control, scarily impressionable, emotionally connected, damaged but undefeated.'

'As I get older, I realise how lucky I am to have her as a mother,' says Rachel. 'If I had one wish it would be to restore her health, even though I have to recognise that being diagnosed with Parkinson's aged 40 played its part in making her so wonderful and adored.

'She somehow enhances everyone she meets, and her extraordinary ability to appreciate other people – however apparently unblessed with charm or appeal – makes one see why they too are loveable. If any of her children have any empathy or humanity – I hope not too big an if – it is largely thanks to her.' □



ABOVE, A PAINTING BY CHARLOTTE OF THE CHILDREN & STANLEY JOHNSON, 1969. *BELOW*, CHARLOTTE IN HER LONDON STUDIO, DECEMBER 2014



HAIR & MAKE-UP BY CELINE NONON AT TERRI MANDUCA, USING GIORGIO ARMANI COSMETICS AND KERASTASE BY L'OREAL.



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TATLER HOME

Edited by GERRI GALLAGHER

Photographed by JAMES MERRELL

MY, WHAT BIG CUPOLAS YOU HAVE!

When the Countess of Harrowby isn't writing racy novels, she keeps herself busy renovating Sandon Hall, her family's glorious neo-Jacobean stately. By Luciana Bellini



The Earl and Countess of Harrowby with Oshka and Lily (and stone lion) in the grounds of Sandon Hall





ABOVE LEFT, THE GARDENS AT SANDON HALL. *RIGHT*, THE STUFFED HEAD OF CHRIST CHURCH, THE 6TH EARL OF HARROWBY'S HORSE, WHICH HE RODE WHILE ON ACTIVE SERVICE DURING THE FIRST WORLD WAR. *LEFT*, 18TH-CENTURY CHINESE WALLPAPER IN THE DRAWING ROOM





LEFT, DETAIL OF AN ANTIQUE DECORATIVE TABLE. *RIGHT*, VISCOUNT SANDON, HEIR TO HARROWBY, WITH HIS GIRLFRIEND BREIGE SIEGAN-SMITH IN THE POLISH VESTIBULE



Winding up the long, twisting drive to Sandon Hall feels like slipping into some kind of time warp. There are acres and acres of silent, unspoilt parkland and herds of curiously immobile sheep, most of which are sprawled rather unhelpfully across the middle of the road. Then the vast neo-Jacobean house looms into view, flanked by enormous stone lions that had to be moved from the front steps in the 19th century because they used to scare the coach horses. This is a rare example of change on the estate – until last summer the house had remained mostly untouched since the mid-19th century, with a crumbling conservatory and rooms that hadn't been painted for 150 years. It took all of Caroline, the Countess of Harrowby's not inconsiderable energy to finally persuade her husband to part with the 'ghastly' pillar-box red in the hall. 'That lovely, rich red is tradition,' says Conroy, the 8th Earl of Harrowby, a little sulkily over his cup of tea. 'I dare say some of the older members of the family are sticking pins in my effigy as we speak.'

But even they would agree that a major overhaul was due. The estate has been in the family since 1776, when it was bought from the politician Lord Archibald Hamilton, the younger brother of the Duke of Hamilton, and up until the mid-Eighties the house was kept as a totally private estate. 'My grandparents ran an open house for the family, which is terribly old-fashioned,' says Conroy, 63. 'As children it was heaven for me and my sister, but it certainly didn't do anything for the finances.' Since 2007, when he gave up work as a chartered surveyor and the family moved to Sandon Hall from their home in Oxfordshire, those finances have been Conroy's preoccupation, and it's fallen to him to figure out how to keep the 600-acre estate in the black. ▷



The conservatory



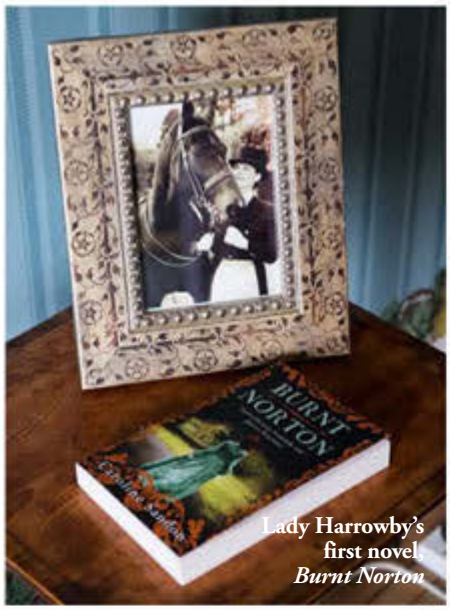
The Blue Parlour



Lady Harrowby in the private drawing room



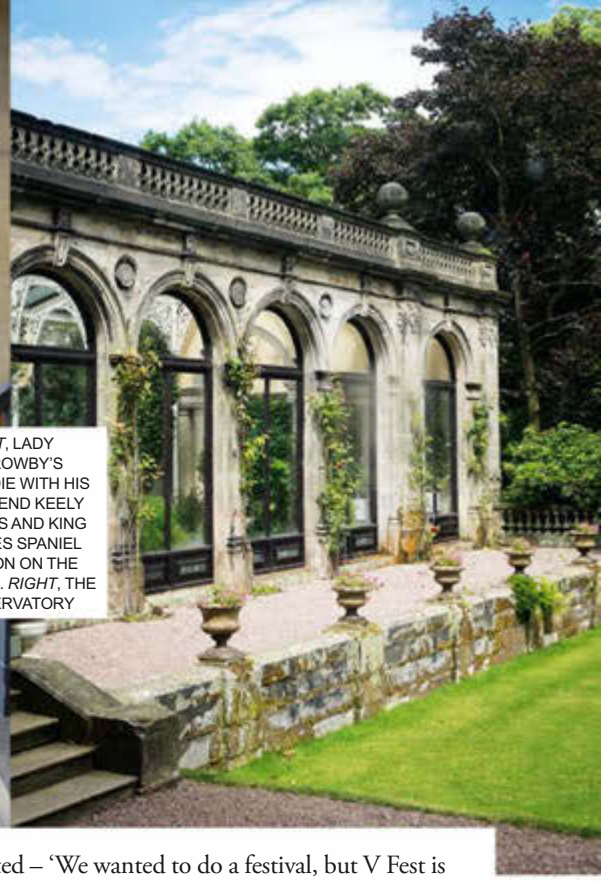
LEFT, LORD HARROWBY'S GREAT-GRANDPARENTS, THE 5TH EARL & COUNTESS OF HARROWBY. *RIGHT*, A JOHN PARTRIDGE PORTRAIT OF THE 2ND COUNTESS OF HARROWBY WITH ONE OF HER CHILDREN

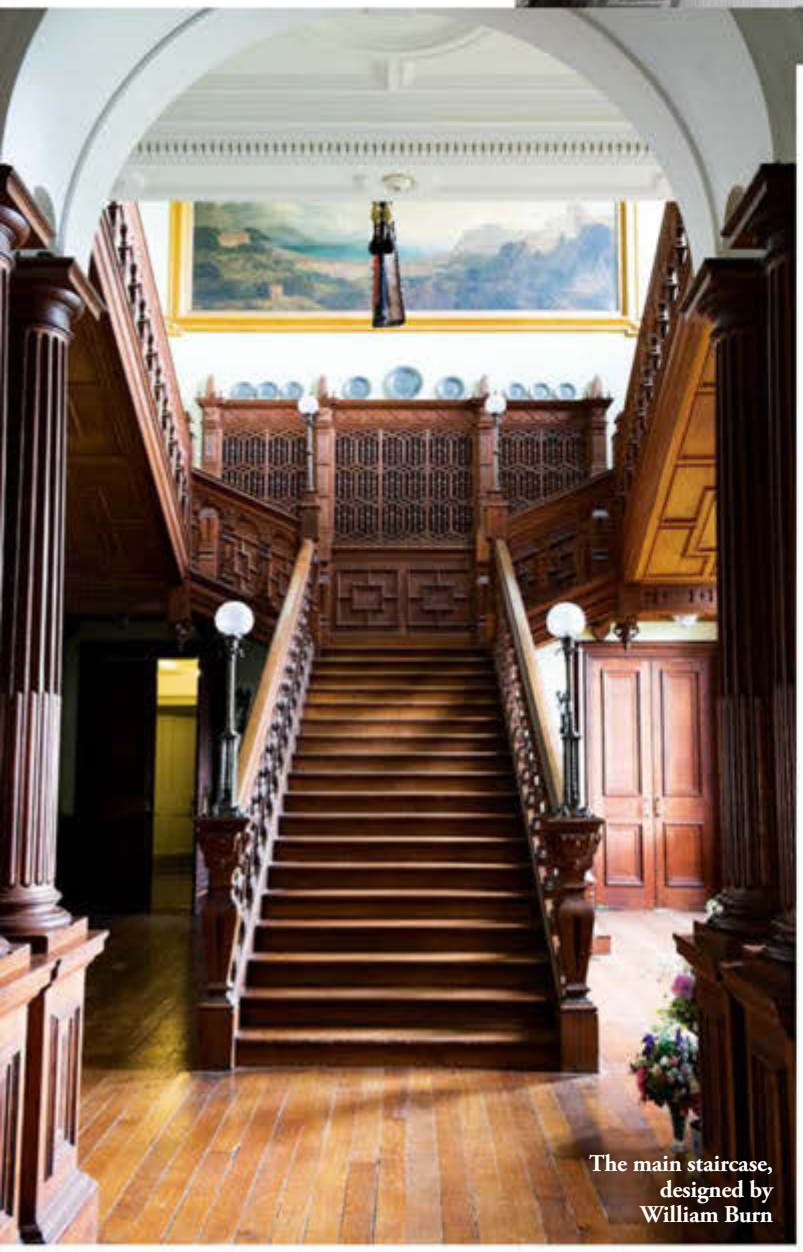


Lady Harrowby's first novel *Burnt Norton*



LEFT, LADY HARROWBY'S SON EDDIE WITH HIS GIRLFRIEND KEELY BRITTLES AND KING CHARLES SPANIEL WINSTON ON THE VERANDA. *RIGHT*, THE CONSERVATORY





The main staircase, designed by William Burn

◁ A few ideas were touted – 'We wanted to do a festival, but V Fest is just down the road' – before they finally settled on weddings. Hence the makeover of the public wing and 50 acres of pleasure gardens; Conroy is coy about how much it all cost, but reveals that it was a six-figure sum. So that controversial red has been replaced with a zingy Farrow & Ball green, the conservatory has been given a revamp, the cracked Minton tiles replaced with originals from their factory down the road, and Caroline has taken the unruly garden by the scruff of the neck – with a little help from a new head gardener. When they are not busy redecorating, the family recovers in their private wing, which is a trove of heirloom furniture, knick-knacks and family portraits (including a huge one of Caroline). 'I'm afraid it's quite Victorian and cluttered down here,' says Conroy. Between them, Conroy and Caroline have five grown-up children – Conroy three boys and a girl (Hugo, the eldest and heir to Sandon, Frederick, Henry and Emily) and Caroline a son, Eddie – and they all use Sandon Hall as family headquarters, gathering for big, rowdy meals. Their hardest task is keeping Eddie's naughty King Charles spaniel, Winston, in check. 'He always manages to pee, without fail, on the most expensive furniture,' says Eddie. 'And he's been known to jump up on the dining table and eat the food off every single person's plate.'

The estate is already in much better condition than when Conroy and Caroline inherited it, which is a huge relief to Hugo, 33. A former financier, in the last few years he has thrown himself into Sandon life, leaving Notting Hill to move to the estate (he and his girlfriend, Breige, live in a cottage a couple of miles from the main house). He has started a specialist tree nursery on the grounds and Breige is the resident florist for weddings, growing old English roses in their garden. In between wrestling with Sandon's garden, Caroline uses the house to write. She's already written a lusty period novel based on their other family home, Burnt Norton, in the Cotswolds – Julian Fellowes liked it so much he's agreed to write the film script for it. She's currently writing her second novel, set in Umbria during the Second World War (it was inspired by her house in the Niccone Valley), and has promised Sandon will be the subject of her next book. Conroy is just happy to see them getting involved – all he wants is to keep the estate in the family as long as possible. 'You don't want to be the generation that has to sell up,' he says. 'You can feel your ancestors saying, "It's on your shoulders now, mate. Don't mess this up."' □

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***From left*, property experts Richard and Sophie Rogerson and Anthony Becher**

THE MANSION HUNTERS

If you happen to be a very rich person who is in search of the perfect home, you need look no further than London's hottest property consultants. By Sophia Money-Coutts

'The French don't like underfloor heating,' says Sophie Rogerson, the 33-year-old co-founder of ritzy property company RFR. 'They think it makes their legs fat.'

It's the sort of detail that Sophie makes it her business to know. She has clients who ring up from all over the globe, begging her to find them the perfect London home. Sophie duly scours areas like Chelsea, Mayfair and sometimes Primrose Hill, supported by Richard Rogerson – her co-founder and husband – and their business partners Clare Betteridge and Anthony Becher. Over the six years they've been in business, they've learnt some other interesting nationality-specific concerns. The Japanese have pretty precise loo requirements. Others have strict feng shui stipulations. For a Vietnamese client, for example, they removed the roof to rid the house of 'bad energy' and then put the same roof right back on again. No request is too extreme.

The team specialise in finding properties costing between £3m and £10m, but if you are a Kazakh gas tycoon who simply will not countenance buying anything for less than £40m, they'll find that too. And then they will design and decorate it. 'Arsenic is *amazing*,' says Sophie. Don't panic, tycoons – she's talking about the Farrow & Ball paint colour. □

***FROM LEFT*, RICHARD ROGERSON WEARS COTTON TWILL SHIRT, £195, BY ARMANI COLLEZIONI. SUIT & SHOES, HIS OWN. SOPHIE ROGERSON WEARS SILK DRESS, £560, BY GOAT. SUEDE & MESH SHOES, £475, BY JIMMY CHOO. SWAROVSKI-CRYSTAL & BRASS NECKLACE, £425, BY RADA. ANTHONY BECHER WEARS WOOL SUIT, £2,000, BY CORNELIANI. COTTON TWILL SHIRT, £195, BY ARMANI COLLEZIONI. LEATHER SHOES, £985, BY JOHN LOBB. FOR STOCKISTS, SEE ADDRESS BOOK. STYLED BY SOPHIE GOODWIN**

Photographed by PAL HANSEN

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NATURAL HIGH

The original famed VIVAMAYR health resort is taking its winning 'medical health cure' concept further into the Austrian mountains, to a stunning second centre: VIVAMAYR Altaussee. Come for a taste of the high life

It's a bit like the six degrees of separation theory: everyone knows someone who's been to VIVAMAYR, and comes back glowing, full of energy and evangelical about the whole experience. The Austrian health resort, with its idyllic location in the village of Maria Wörth, near Klagenfurt, on the picturesque shores of Lake Wörthersee, has no shortage of fans — many of them hard-working celebrities feeling burnt out. They return again and again for the unique combination of medical expertise, detoxification and wellbeing treatments. A healthy outdoor lifestyle in a blissful natural setting leaves visitors feeling truly refreshed. If you're in need of a health re-boot, it doesn't get much better.

From April 2015, those who long to visit VIVAMAYR have a tricky decision on their hands. How to choose between the original Maria Wörth property (now at its best after state-of-the-art refurbishment) and the brand-new VIVAMAYR Altaussee? The latter, in the pristine Salzkammergut region, boasts just as much fresh air and crystalline water – key ingredients for invigoration.

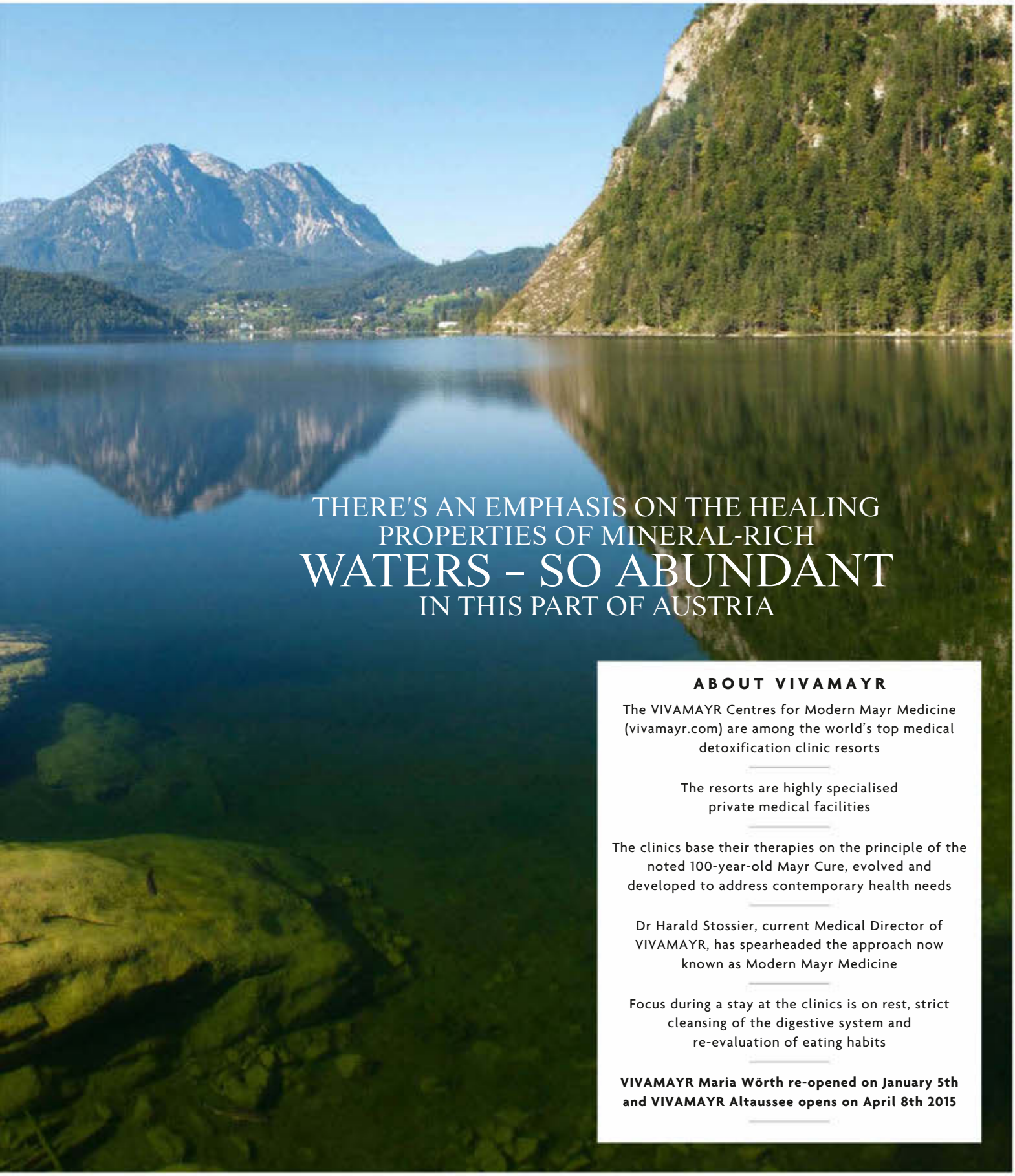
What's more, VIVAMAYR Altaussee offers the same highly effective wellness formula as the Maria Wörth property, but with an added emphasis on the healing properties of mineral-rich waters – so abundant in this part of Austria. It is, after all, a stone's throw from Salzburg, a town famed for its salt mines. The powerful blend of mineral salts in the Altaussee make this an ideal second location for VIVAMAYR. Under the guidance of lead clinicians Dr Harald Stossier and Dr Fegerl, a highly trained medical staff prescribes a bespoke programme for each patient, combining traditional and modern naturopathic therapies with the latest sophisticated diagnostic tests. Choose from a variety of treatments – from tailored mineral-salt procedures to oxygen therapy – designed to treat respiratory problems, skin ailments, arthritis, rheumatism, fibromyalgia and more. Why not combine the in-resort treatments with a range of mountain and aquatic activities in the clinic's stunning alpine surroundings? Throw in a tailored nutrition regime and it's impossible not to come back transformed and energized. The vast medical department ensures clients leave with the understanding and skills to enable them to achieve long-term improvements back in the real world.

All this in a tranquil glass and wood building that both benefits from and enhances the mountain scenery. VIVAMAYR is looking remarkably sprightly for an institution that's nearly 100 years old. It must be something in the water.

Visit vivamayr.com for more information



RESTORE BODY AND SOUL AT VIVAMAYR ALTAUSSEE, AUSTRIA



THERE'S AN EMPHASIS ON THE HEALING PROPERTIES OF MINERAL-RICH WATERS – SO ABUNDANT IN THIS PART OF AUSTRIA

ABOUT VIVAMAYR

The VIVAMAYR Centres for Modern Mayr Medicine (vivamayr.com) are among the world's top medical detoxification clinic resorts

The resorts are highly specialised private medical facilities

The clinics base their therapies on the principle of the noted 100-year-old Mayr Cure, evolved and developed to address contemporary health needs

Dr Harald Stossier, current Medical Director of VIVAMAYR, has spearheaded the approach now known as Modern Mayr Medicine

Focus during a stay at the clinics is on rest, strict cleansing of the digestive system and re-evaluation of eating habits

VIVAMAYR Maria Wörth re-opened on January 5th and VIVAMAYR Altaussee opens on April 8th 2015



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Vogue Café Kiev
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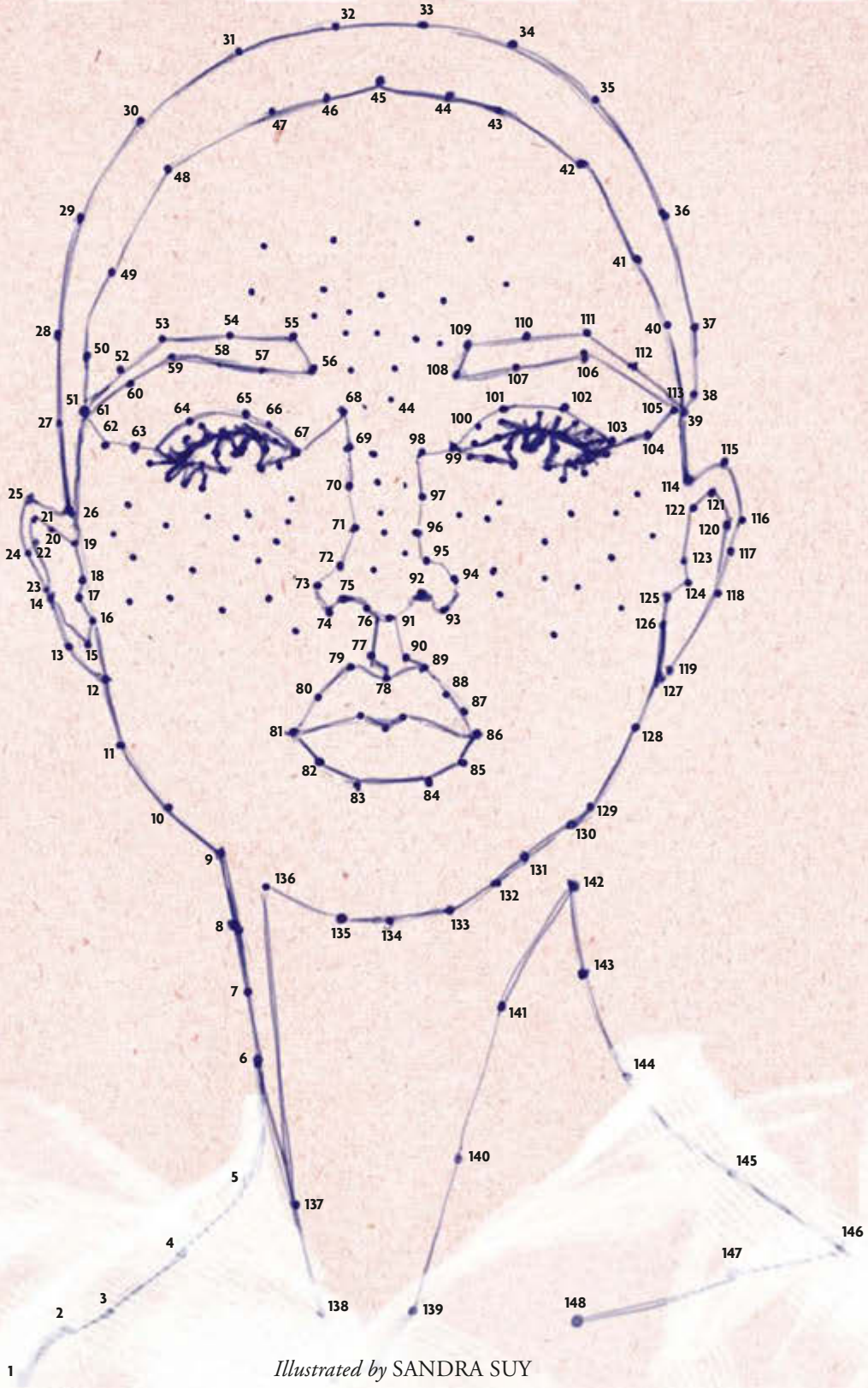
Edited by FRANCESCA WHITE

CROWD CONTROL

Freckles. They start out life as a cute smattering – fancy-free, dancing prettily across your nose. Lovely, you think. You might, at this entry-level stage, enhance them, using a soft crayon like Topshop's Freckle Pencil, £5.

Fast-forward a few years and they've brought more friends to the party. They've gone darker too. They bask in the sun as well as you do; they like the warmth, freckles. At this point, it's worth introducing some crowd control, something to keep the critters in check. 'Pick an SPF with melanin in it,' advises Dr Shawana Vali of London Medi-Spa. 'Oclipse Sunscreen + Primer SPF 30 by ZO Skin Health, £40.60, reduces the penetration of UV rays, and make-up goes on nicely afterwards too.'

Which is all well and good. But later in life, freckles can become unruly. Left unchecked, they'll cluster in groups: their ranks will swell and they'll morph into proper pigmentation – patches that no amount of concealer will cover. Now you need to bring out the big guns. Something like Dr Rachael Eckel's ZO Skin 3 Step Peel, £358, ought to put them in their place. This tingly blend of lactic, trichloroacetic and salicylic acids is painted on swiftly, left to do its thing, then cleaned off. You're looking at some mild flakiness for three to five days, and the next morning you'll want to follow up with the little sachet of retinol cream that Dr Eckel sends you home with. But the result? Clearer, less crowded skin. And it'll stay that way too – so long as you're vigilant. Because, as with any party, things can quickly spiral out of control if left unsupervised. ***FW***



Illustrated by SANDRA SUY



Look hair's talking!

THE QUEEN

If I were a smoker, I should very much want a cigarette now. It was the State Opening of Parliament today, which means working with that wretch, the Imperial State Crown – two pounds of diamonds, emeralds, pearls, rubies and sapphires. It's a perfect monster. There's the heaviness to contend with – I inevitably get crushed, but shouldn't like to make a big hoo-ha about it, no matter the levels of pulling and catching and whatnot. Then there's the balancing issue: the St Edward's Sapphire sitting on top of the monde can make the whole creature feel like a pavé-set Everest lurching about on one's own crown. Fortunately I know how to handle this adversary and that's with increased volume, a vigorous set and 'enough hairspray to knock out six corgis and a small child', to quote my hairdresser Ian. He's marvellous. 'Let's frighten Mr Cameron today,' he'll sometimes say, or 'Let's startle the Duke of Edinburgh,' and Her Majesty roars with laughter. I am hurricane-ready, rain-ready, extreme heat-ready, sandstorm-ready and as raring to go for a day under a hat as I am for an evening being squeezed by a tiara. I often think of the vow I made in 1953: 'I declare before you all that my whole life, whether it be long or short, shall be devoted to your service.' I've been short for a very long time and one must be happy with that. Now. I wonder if the Duke still has that stash of Silk Cut in his tweed drawer...

PRINCE HARRY

Omfg, I'm so hungover. Last night was, like, *ridic*. Got absolutely smashed on gel or wax or whatever the arsing hell it was that old Hazzle Dazzle rubbed into me before we rolled off into the night for a ball-busting knees-up with the boys. Excellent day, by the way – spent the morning at a thing to do with polar bears and then lunch with Pa and Mills, and then some other stuff in the afternoon about African trees or babies or something and yeah, basically, by the time we got to Guy and Lizzy's, Harry was, like, 'So lovely to see you,' and I was, like, 'Whatever, bro, where are the chicks???' Trundled off to some joint, can't remember the name of it, but under a beanie because Guy always says I'm too red and obvious. How many more times, hombre? I'm AUBURN, not red. The press need to be less 'Prince Harry and Damian Lewis just made ginger sexy' because he is the full scorchio marmalade and I'm much more maple syrup. We're not brothers – my brother doesn't have any hair, FFS! Anyway, I'm not knocking the whole Katy Perry 'Harry's a hot ginger' thing because she seems like an astute, intelligent, megawatt babe to me, and it really hasn't hurt what was already a sensational record with the señoritas. Last night was no exception. She seems like a poppet, this girl (Lulu or Lala or... what was it again?), but I do miss my own pillow.

PHOTOGRAPH: XPOSURE



Haven't you always wondered what regal hair would say if it could talk? You haven't? Well, you are a bit weird. Anyway, we hooked up the royals with some tiny microphones and thus got an exclusive insight into the thoughts and concerns of the nation's foremost follicles. By Clare Bennett

THE DUCHESS OF CAMBRIDGE

Woke up looking perfect. Lolled around on the pillow for a bit, radiating extreme beauty to the universe before getting up for my cleansing ritual. Today my team used whale milk and seahorse afterbirth, chanting and genuflecting as they bathed me, but honestly, washing-up liquid would get the same results, ie shininess of celestial proportions. I'm relieved that the worst of the morning sickness is over because the scramble of offers to hold me back while K was heaving over the loo was becoming undignified. Whoever landed the job would get that glazed look in their eye and afterwards K would say, 'Thank you, you can let go now', but they wouldn't, and then it would get awkward and she would have to gently prise me out of their grip. This pregnancy has made me put on weight too – can you tell? Sometimes I feel sorry for K because no one listens to a word that comes out of her mouth; their eyes are glued to me as I cascade like a preposterously lustrous Niagara Falls down her back and let my curls bounce softly when she laughs. I know what they're thinking. They want to touch me. They want to bury their face in me and squeeze me in big fistfuls. They want to inhale me and chew my ends and plait me and brush me, and maybe cry a bit because they're so overwhelmed. Anyway! Must dash – I've got a gala lunch to guest-star at and some foreigners to enchant.

THE DUKE OF CAMBRIDGE

Reporting for duty from our hide position on what has become increasingly exposed terrain. Numbers are down and we're fearing the worst. Every day we wake to yet more desertion. The team at the crown have fallen. The forehead division is looking weak. The last reconnaissance mission revealed that there is still a stronghold round the ear and neck regions, but who knows how long before they surrender? Morale is low and it's hard to keep the boys from abandoning their posts altogether. They're good lads and they've done their best to hold on, but we are overwhelmed. Our call for auxiliary corps in the form of some kind of follicle treatment continues to be ignored, and we can only try and remain entrenched while we wait for a miracle. This is not helped by constant exposure to our affiliated units, all apparently robust, defiant and going nowhere (Harry) and, in some cases, doubling in number (Kate). Even the senior division is turning up to work every day looking as strong as type-45 destroyer HMS Defender (Granny). The enemy goes by the code name DNA – it strikes indiscriminately and at random, which makes us vulnerable. Harry has escaped their focus, thank heaven, but George's fate is yet to... wait – it's gone very quiet and dark: shadow of a hand belonging to William Wales, aka Billy the Fish, has been detected. It's moved in for a scratch around the neurocranium, a repeated target. Men down! Men down! □

Do you dare to look into the future?

Oh, go on, there's no need to be scared. DNA testing won't predict the exact day of your death, but it can help you be healthier and live longer. By our science correspondent, Tibbs Jenkins

Did you exceed the national average of 4.4 sick days last year? Do you self-diagnose yourself with a brain tumour every time you get a headache? Do you creak as you slowly climb the stairs? What if we told you that it doesn't have to be this way; what if you could once again feel sprightly, young and full of zip and zest for life?

Well, get yourself over to the Medical Clinic at Grace Belgravia, where they have just introduced DNA and telomere testing. Don't know what a telomere is? You're not alone. Telomeres, FYI, are found at the end of chromosomes and their job is to protect said chromosomes from deterioration; in the process of doing so, the telomeres' length shrinks – perhaps it is best to picture them as the plastic ends on shoelaces. But test them you can and, when your results are in, Dr Gloria Sabater will analyse the findings and prescribe you a lifestyle based on your genetic make-up and telomere length.

Sounds groovy, huh? In reality, though, when you mention the concept of genetic testing to most people, their immediate reaction is to shudder and mutter, 'Oh no, not for me.' After all, do you really want to know that you've got a high predisposition for bowel cancer? Or a strong chance of developing dementia at 43? How do you react to such daunting information? Do you start to misinterpret every hangover as the onset of memory loss? Would you simply jack it all in, quit your job, fritter away your savings and chill in a hammock counting coconuts, anxiously awaiting the day you hit 43? Whereupon you wake up, open your presents and discover that – shazam! – you're absolutely fine, if stony broke. Because remember: DNA will only show you have a predisposition for a disease; whether you actually develop it is 70 per cent dependent on environmental factors, such as your lifestyle.

In fact, the Grace Belgravia folk, operating in conjunction with the SHA Wellness Clinic in Spain, aren't doctors of doom plotting to instil fear into your day-to-day living. They're here to help you. The DNA test will give you a snapshot of your genetic tendency for health and disease, while the telomere test will be able to detect your biological age from the length of your telomeres, as opposed to your chronological age. After which the clinic can work out the optimum lifestyle for you to be at peak health. They'll tell you that in order to readjust your telomere degeneration to what it ought to be, you should, for example, start eating leeks instead of the equally healthy (but in your case totally inappropriate) broccoli you've been chowing down, or that you should live in the country rather than in town, where the polluted streets are ruining your health. So far, so good.



It'll cost you, though. £4,300, to be precise. Not to mention the supplements you might need to add to your already extensive Holland & Barrett shopping list. But, lifestyle changes aside, the first payment isn't the only hit: to assess whether you're getting results, you will need to be tested again every few years to check for progress. In an ideal world, that custom-made lifestyle you've been following will mean that you'll end up right as rain. If not, there'll be a whole raft of other tests to get into, and they'll probably be pretty pricey too.

There is one more big question. Not the ominous 'Will I die?', to which the answer is, of course, yes – but what could insurance companies do with the information from your tests if it landed in their laps? Private-health insurance companies already base their quotes on your family medical history, enquiring about cardiovascular disease, for instance, or the various forms of cancer that your relatives have suffered, or any incidence of diabetes amongst your kin. What if they got wind that you have definitely inherited the gene responsible for, say, osteoporosis, or that your chromosome FYZ's telomere is already 20 years ahead in ageing? Your quote could become astronomical. Worse yet, they could refuse to cover you. Grace Belgravia isn't obliged to hand over your details to insurance companies, but the results do become part of a patient's medical record – and current and future insurers can request access to such information. And, as we all know, insurance companies don't like to make life easy.

It is worth stressing, however, that the vast majority of people who have undergone this test have come out with fairly pleasing bills of health. Moreover, there are other benefits: for example, fears that one might carry the gene for breast cancer, due to a family history of the disease, can be either put to rest or acted on early.

So it's a double-sided coin, this testing malarkey. Heads or tails, you decide. As the kids say nowadays, 'YOLO', which can mean going out nightly, sinking some shots, kicking a dustbin and screwing your best friend's husband. But, then again, you really do only live once. So why not get tested, get that bespoke lifestyle and live as long as you can? □

At Grace Belgravia, 11c West Halkin Street, SW1 (gracebelgravia.com; 020 7235 8900).

PHOTOGRAPH: REX FEATURES

REGENERIST 3 POINT CREAM
"BEST CREAM I HAVE EVER TRIED."†

★★★★★



Re-energise your skin's appearance cell by cell.*

As skin surface cells lose their energy, skin can look tired and dull. Now Olay Regenerist 3 point cream, with new Skin Energising Technology penetrates 10 layers of the skin's surface, quickly renewing it cell by cell. Day after day, **skin is visibly re-energised, vibrant and younger looking.****

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FEMALE FACIAL SKINCARE BRAND‡

*By exfoliating skin surface cells.
‡Based on mass market facial moisturiser and cleanser value sales for past 12 months ending April 2014.
†Supersavvyme.co.uk review from May 2014.
**Reduced appearance of fine lines and wrinkles.

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REGENERIST

YOUR BEST BEAUTIFUL™

‘MY ANOREXIA WAS SO DEEPLY EMBEDDED I COULDN’T TELL WHERE IT ENDED AND I BEGAN’

But a shocking health discovery set Emily Faber on a slow journey to recovery

When I was 31, after I’d been juggling an eating disorder for 13 years, my body gave up on me. Caragh Pittam, a gifted chiropractor, stepped in first. I’d had back pain for a while and cracked my ribs twice, so she packed me off for a DEXA (bone density) scan. The results came back quickly – I had severe osteoporosis of the lumbar spine and hip.

Caragh sent me to Professor John Axford, the best rheumatologist in his field, who told me in no uncertain terms that my bones were weak, brittle and could fracture at any point. But although the damage couldn’t be reversed, there was an upside: the osteoporosis could be stopped if I put on weight. Unlike Professor Axford’s elderly patients, I could make a recovery and have a chronic condition that would not restrict my life.







At five-foot-three, I weighed 95lb, clothes didn’t fit me properly and I was constantly exhausted, anxious, angry or confused – and I hadn’t had a sex life or a period for far too long. Although I’d been seeing psychotherapist Angela Brassett-Harknett for nine years in an attempt to manage my relationship with food, my weight was still too low. Yet I continued to tell myself I was in control. My anorexia was so deeply embedded I couldn’t tell where it ended and I began.

But these were scientific facts that I couldn’t ignore. Suddenly, I was petrified. Children, career, health – everything seemed compromised, but the perfectionist inside me raged on and the 112lb I was told I *had* to reach seemed unobtainable. Being small was my ‘thing’, my excuse; it made me different, it showed that I had restraint and discipline. I’d gone to a mixed boarding school and was the girl that all the boys wanted to be friends with but not date – so if I couldn’t be pretty, I could be thin. It was my method of communication; it meant that I didn’t have to grow up. It was the perfect buffer between me and real life.

Professor Axford put me on a strict regime – I had blood tests, swallowed huge amounts of calcium tablets, saw nutritionists and was encouraged to eat foods (pasta, cream, burgers) that scared the hell out of me. I panicked and I moaned, but gradually I came around. The weight crept on but it wasn’t enough. A year after I was first diagnosed, further bone scans revealed that the osteoporosis had worsened.

At this point, something shifted. I wanted an end – I wanted to let life in again. I doubled my sessions with Angela from once a month to fortnightly, and I upped my food intake yet again. But the man who made an astronomical difference was Michael Garry (michaelgarry.london), a personal trainer who took on the task of piecing me back together again. A father of three girls, Michael has a sensitivity and kindness rarely seen in a fitness expert, and to this day he turns up at my door: twice a week, at 7am – so there’s no swerving sessions either.

Once a week, we’re in the park, doing all sorts of clever things on tree stumps and benches; and once a week, we’re at my house – we’ve turned a small corner of the sitting room into a makeshift gym with weights, a mat and a rubber pilates ball, all of which, when not in use, are stored away neatly with my ironing board. Michael’s approach is simple and sensible: training is tailored to fit your life (more than twice a week is unrealistic for me and would get on my nerves) and sessions feel more like physio than an exhausting workout. Movements are put together to both shape and strengthen my body: in a similar way to pilates, Michael isolates specific muscle groups to help rebuild them, while including enough impact to reinforce my bones. He monitors the results when we meet, assessing my body to make sure everything is in proportion – not too big, not too small.

Most importantly, Michael isn’t a dictator: I don’t have to neck protein shakes at specific times of the day (crucial for my personality, which needs fewer rules, not more). Most of the time, in fact, I’m not even aware that I’m working out. (I’m regularly reduced to hysterics as I do squats against the wall while bemoaning my love life.) Still, the increase in my muscle mass is staggering. Now I’m able to lift suitcases on shoots at work, and the bicep curls that Michael had to help me with at the start of our training I can now do merrily on my own. It’s terribly satisfying to feel your body come back to life.

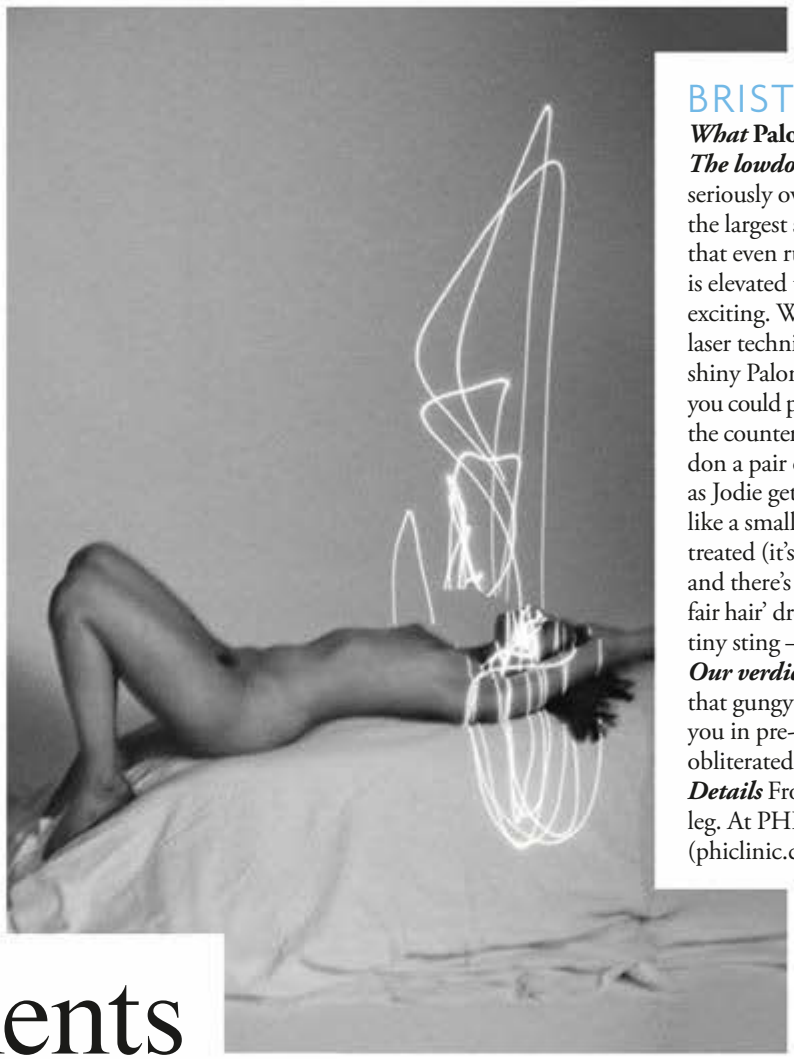
Nearly 18 months after my first DEXA scan – the last six months of which have been managed by Michael (not discounting lots of psychological work on the side) – I’m proud of the physical turnaround. I’ve got an arse, tits, strong arms and defined legs, as well as a constant appetite, loads of energy and a sense of humour. I’ve got trendy dayglo Nikes and an outfit from Lululemon that makes me feel like hot stuff. Plus, all that weight training acts like a growth hormone – so I’m always trimming my nails and hair.

My next DEXA scan is in six months – and while the nature of osteoporosis means that my bone density will never fully recover, I’m hoping it will have stabilised. Yet despite such a U-turn, there are times when I want to give up. I weigh myself every day – and seeing numbers I don’t recognise on the scales makes me want to scream and go back to bed. But Michael keeps me focused, repeating that any weight gain is good, not bad. I wrote a food diary, came to realise that almond croissants aren’t the devil and threw out my tiny jeans and silly skirts. Now that I’ve reached my target weight, I’m working with my body, not against it. It doesn’t hurt when I’m hugged. I’m strong, not fat. Oh, and best of all, I’m happy, not sad. □

PHOTOGRAPHS: TRENT PARKE/MAGNUM PHOTOS



PHOTOGRAPH: KAREN RADKAI/CONDE NAST ARCHIVE



Treatments ZAP!

Laser-beam your beauty niggles into oblivion

GNARLY FEET

What **Foot Laser at Margaret Dabbs**

The lowdown We're all familiar with the humble medi-pedi: a deep-cleaning, sole-sanding ordeal that restores worn-out feet to baby-soft glory. But no high-street pedicurist would dream of doing one if you admitted to a bit of nail fungus – until now. Beetle over to Margaret Dabbs, where the podiatrists will take your grotty trotters in hand and administer a full medical pedicure before pulling out their Foot Laser. It pulses light energy through the nail, killing bacteria without damaging the area.

Our verdict Four treatments, a fortnight apart, should clear the condition for good. Far less hassle than swerving open-toed shoes.

Details From £175 for 30 minutes, for both feet. At 7 New Cavendish Street, W1 (margaretdabbs.co.uk; 020 7487 5510).

BLURRY VISION

What **IntraLASIK Eye Surgery**

The lowdown If having a laser shot at your eyeball is putting you off having your shortsightedness sorted, Mr Sheraz M Daya will put you straight. The first to pioneer LASIK eye surgery, he insists the technique has come on leaps and bounds since its introduction. First, an assessment to determine the shape and strength of your corneas (35 per cent of patients are unsuitable), then work begins. A plastic clip holds lids open, anaesthetic drops are applied, then a red light is shone into your eyes for a few minutes. There's a feeling of pressure while it does its thing: flattening the cornea (if you're shortsighted) or making it steeper (if you're longsighted). Then you're urged to go home and to bed, where you'll need to wear special goggles for the next 30 nights. You'll be back the next day, the following month and three months on to check that all's A-OK.

Our verdict Things will look a bit misty before you go to sleep. But when it clears... 20/20 vision is yours. Ha!

Details From £1,995 per eye. At Centre for Sight, East Grinstead (centreforsight.com; 0808 231 8517).

BRISTLY LIMBS

What **Palomar Vectus**

The lowdown They take their lasers seriously over at the PHI Clinic (they have the largest stock in the UK). Which means that even run-of-the-mill hair removal is elevated to something all the more exciting. Whizz downstairs to where head laser technician Jodie is waiting with the shiny Palomar Vectus, in a room so clean you could perform open-heart surgery on the counter. Strip off, hop on the chair, don a pair of racy sunglasses – then lie back as Jodie gets to work, holding what looks like a small Taser against the areas to be treated (it's even suitable for dark skin, and there's none of that 'doesn't work on fair hair' dross either). There's a click – a tiny sting – but that's it. How easy is that?

Our verdict No fuss, no faff and none of that gungy gel that they normally smother you in pre-zapping. Best of all, hair is obliterated in four to six sessions. Joy.

Details From £150 per session, for lower leg. At PHI Clinic, 102 Harley Street, W1 (phiclinic.com; 020 7034 5999).

STAINED TEETH

What **KöR Whitening Deep Bleaching**

The lowdown Not only is Dr Peter-Daniel Das one of the safest pairs of hands in the dental industry, he's probably the most handsome. So, naturally you're going to want to slip into his chair and have him take a mould of your mouth. Everything is done with exceptional attention to detail – like the KöR Whitening Deep Bleaching System, which is straight from the States and not nearly as scary as it sounds. He starts by examining your teeth, assessing them for treatment, and then gets cracking: creating trays for your upper and lower gums (you pop the whitening agent in and wear at home for two hours at night, for a fortnight), then booking you in for a further two hours for the (genuinely pain-free) laser session.

Our verdict A set of gleaming yet totally natural-looking gnashers awaits.

Details From £995. At Smile & Smile, 358a Richmond Road, TW1 (smileandsmile.co.uk; 020 7871 6786).

SPECKLY SKIN

What **Dual Yellow Laser**

PICK ME!

The lowdown Yes, laser is transformative – in a way that a traditional clay face pack never was – but you can hardly fall asleep dreaming of your tennis instructor. Except, hang on, *this* laser (called 'the soft laser') isn't at all uncomfortable. In the hands of Debbie Thomas it glides over skin, firing up collagen and evening out tone. It's brilliant on rosacea and under-eye circles (expect initial darkening before patches disappear); best of all, you see results after one hit (sign up for more for a real turnaround).

Our verdict After a course of six treatments you're looking at clearer, springier skin. Trumps a tennis instructor every time.

Details From £250 for 30 minutes. At Lansdowne Atelier, 6 Lansdowne Mews, W11 (debbiethomas.co.uk; 020 3393 0977).

PHOTOGRAPH: ERICH HARTMAN/MAGNUM PHOTOS

My close-up
Charlotte Casiraghi

The gorgeous Grimaldi and face of Gucci shares her tips and tricks with Katie Thomas



There are so many cool products in the Gucci make-up collection – my favourite is the TURQUOISE MASCARA. I like to change things up.



I'VE ALWAYS FLITTED BETWEEN SCENTS. At the moment I'm using a hair oil by Leonor Greyl. It smells so good I don't want to wear a fragrance on top.



FACIALS are great because they force you to relax completely. I go to THERMES MARINS MONTE-CARLO in Monaco: they specialise in wellness and preventive health, using marine and massage therapies.





Lots of sports

+



Plenty of vitamins

+



No diet worries

=

A HEALTHY LIFESTYLE



Charlotte at the Gucci shoot

It was fascinating to watch how everyone involved in the GUCCI make-up campaign brought their individual talent to the process, like photographers Mert and Marcus.

I played with NAIL POLISH as a child. There are so many colours, and it's the first thing you feel comfortable trying.



MY STYLE

GUCCI design my equestrian clothing. It's great to have gear that is chic and traditional, but with modern and practical equipment.

My most memorable SHOWJUMPING event was in Paris. It took place in an outstanding location, in front of the Eiffel Tower.

I like to spend as much time RELAXING IN THE COUNTRYSIDE as possible. This is where I am most comfortable and at peace.

I WOULD FEEL NAKED if I left the house without concealer or blusher. I'm happy without anything on my eyes and lips, but my skin needs to look clean.



BOOZE THERAPY



PURIST VS TOURIST

LE BRISTOL, PARIS

Slipping around on a marble slab, wearing nothing but a bit of dental floss in a wood-lined Russian 'banya' while a six-foot-five Eastern European named Peter scrubs you brutally with salt, oil and vodka, might not sound like your idea of fun. Throw in a massage involving scalding towels, ice packs and yet more vodka (cue some requisite yelps, groans and the odd expletive) – even less fun. But all that manhandling will leave you in such a state of near-narcolepsy that you'll practically float out of the steam, elephant-skin elbows and old-lady heels newborn-soft and every pore tinglingly clean. Chin-chin! *Vodka body scrub, £150; Russian massage, from £170 (lebristolparis.com).*



RANCHO BERNARDO INN, SAN DIEGO

Fans of California's booming craft-beer culture, listen up: ditch the brew gardens and opt for the real deal instead – total immersion. The fun begins in a wood-beamed, vaulted-ceiling 'man cave' with a just-whipped-up grape-seed and olive-oil scrub, followed by a head-to-toe rubdown using heaps of nutty-smelling, hot and hops-saturated towels, to tone tough hides and help zap lingering insomnia. Skin sated, head to the cabana-fringed spa pool for a grilled-salmon BLT and a bottle of local organic suds – before you know it you'll be totally sozzled. *Heaven and Hops treatment, from £109 (ranchobernardoinn.com).*

OPULENT VOLUME MASCARA, £27; LUMINOUS PERFECTING CONCEALER, £30, SHEER BLUSHING POWDER, £37; ALL BY GUCCI, AT GUCCI.COM & WORLD DUTY FREE. L'HUILE DE LEONOR GREYL, £26, BY LEONOR GREYL.
PURIST VS TOURIST WORDS BY ALICE EDWARDS & NEAL TURNAG. PHOTOGRAPHS: REX FEATURES, ISTOCK, UNIMEDIA/BARCROFT MEDIA, GETTY, JACQUES DEMARTHON, ARNOLD JEROCK/NEWS PICTURES, VANTAGENEWS.CO.UK

Beauty flash

NON-BORING BEIGE

The colour clan's poor relation gets properly peppy. By Francesca White



CHANEL

Chanel Beige Eau de Toilette, £210
They say '"I take refuge in beige because it's natural," said Mademoiselle Chanel.'
We say Which sums up this scent perfectly. Clean and powdery and completely non-threatening – like cotton laundry fresh from the dryer.

BOBBI BROWN

Natural Brow Shaper in Slate, £16
They say 'Effortlessly defines and fills in.'
We say This nifty little brush and brow combo now comes in a nudey shade – fun for our blonde-browed friends.

SURRATT

Artistique Eyeshadow in Doré Rose, £16
They say 'Buildable, glide-on colour.'
We say There are some serious non-shifting abilities going on here. And the shade? Biscuit with a rose-gold sheen: ie, beige on steroids.

CLINIQUE

Chubby Stick Sculpting Highlight, £19
They say 'Makes contouring simple.'
We say They're not wrong either. This jumbo crayon traces the sheerest, peachy-coloured pigment: beneath brows, along cheekbones and in the corners of eyes, breathing life into an otherwise boring face.

DIOR

Vernis in Lady, £18.50
They say 'The season's state of mind.'
We say Eloquently put. Most mauvey beiges make nails look corpse-like, but this is the exception – tidy, elegant and pleasingly versatile.

NUDESTIX

Concealer Stix, £24
They say 'Loaded with just enough colour to get the job done.'
We say Precisely what you want from a concealer. And that perfectly sharpened point gets into the trickiest crevices and corners.

BURBERRY

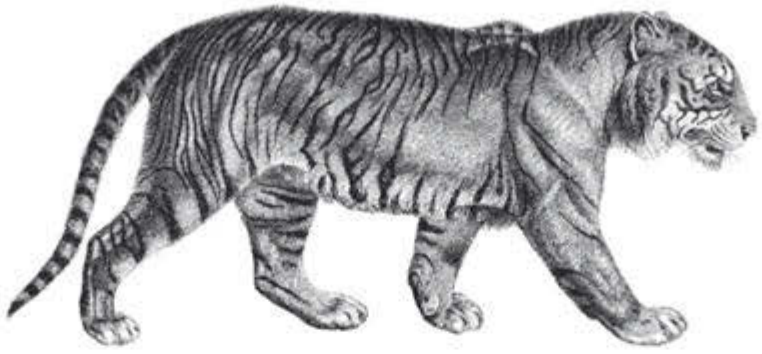
Fresh Glow Compact Foundation, £38
They say 'For a natural, imperceptible finish.'
We say What we all want from our base, no? Stops skin from looking flat, oily and patchy – all at once. We don't know how it does it but, golly, it's good.

TOM FORD

Lips & Boys in Holden, £27
They say 'Named for the men he admires.'
We say Weird, as they're made for women. But the colours are foolproof and the bullets are smaller than your little finger.

STILL-LIFES: JODY TODD


MAX FACTOR X
NEW
CREME PUFF BLUSH
Blend, sweep and sculpt. From subtle to assertive.
Build colour definition with multi-tonal pigments
that blend effortlessly.
Create colour confidence with Creme Puff Blush
#MAKEGLAMOURHAPPEN
MAX FACTOR X
THE MAKE-UP OF MAKE-UP ARTISTS



TIGER. *Panthera tigris*. FACING EXTINCTION.

Nature needs big cats, and big cats need big spaces

Everywhere that big cats are found they are at the top of their food chains. They are ancient predators essential to the balance of their environments. Without them, the biodynamic orders of the areas they have dominated for thousands of years would collapse, leaving us with a natural world bleaker and less varied than ever before.

All of the world's big cats – from cheetahs to jaguars and pumas – are now under threat. Development and the swell of human populations in previously wild areas is robbing these animals of their habitats and the wilderness of its dignity. In many of these environments, these increasingly rare animals are still hunted for body parts and sport, too.

At the World Land Trust, we are working with 29 organisations in 22 countries to enable local communities to buy and save parcels of land for permanent conservation, and to work with local communities to find ways for them to live in harmony alongside big cats.

We urgently need to raise £500,000 to preserve the most important remaining big cat habitats. Nature as we know it is disappearing and the only time we have to save it is now.

For more information go to *www.worldlandtrust.org*

"The money that is given to the World Land Trust, in my estimation, has more effect on the wild world than almost anything I can think of."
— *Sir David Attenborough*, Patron, World Land Trust

WORLD LAND TRUST

CELEBRATING 25 YEARS

TATLER
Travel
Edited by FRANCISCA KELLETT

RELAX – YOU'RE ONLY IN THE MOST GLAMOROUS PLACE IN THE WORLD

The super-rich love Mustique because there are no diamonds, no helicopters, no armed guards and flashiness is frowned upon. Kate Reardon discovers a perfectly chilled island paradise



PHOTOGRAPH: SLIM AARONS/GETTY IMAGES

A Slim Aarons shot of Mustique, 1989





ABOVE, MACARONI BEACH. *LEFT*, MUSTIQUE AIRPORT. *RIGHT*, THE TENNANTS, 1967

The island of Mustique does not allow armed bodyguards. This is tremendously important to remember because, in the world of beyond-the-dreams-of-avarice luxury, there are elaborate codes of behaviour and acceptance that have nothing to do with money. Mustique will also not upgrade its landing strip to accommodate private jets or allow residents to build helipads. Or, as Roger Pritchard, managing director of the Mustique Company, says: 'You can build as many helicopter pads as you like – you just can't land on any of them.'

This truculence is part of a carefully considered strategy that has kept Mustique at the tippy top of desirable holiday destinations for the world's most privileged since Princess Margaret first dipped her toe into the sea here in 1960. Mustique may look like a chilled Caribbean bolthole, but it is a brand more tightly controlled than Tiffany, Ralph Lauren or Chanel.

There are just two tiny hotels, Firefly and the Cotton House, both charming but neither palatial. There is one profoundly unglossy bar, Basil's, more of which later. There are no nightclubs, no golf course, no advertising, (even the sign to watch out for planes making the hairy final approach is tiny and handwritten), no cars (just Mini Mokes, called mules by residents). Every detail seems designed to deter the super-rich and spoiled. And yet... Among these 104 villas (all privately owned, 80 available to rent) you will find some of the most successful people in the world. But you won't find those who in this rarefied stratum might be deemed vulgar.

'The environment is conducive to people from Europe and North America – it's been designed that way,' said the late Felix Dennis, a longtime resident. 'It's utterly artificial. The litter is picked up, the beaches are groomed. It's the only place in the world where the cane toad is losing – there are 250 gardeners who get a bounty for each. All the forest and dry bush is left alone. All septic tanks are inspected. Fresh coral is growing outside the Cotton House. This is frankly a European idea of what a Caribbean island ought to be like; it is also what a Caribbean island is not.'

It could easily be hellish, but it isn't. It is exactly what you or I would design if we wanted the perfect island-holiday spot, filled with interesting, successful and yet (relatively) modest people. Indeed, it's what the late Colin Tennant did when he bought Mustique in 1958 and first invited his chum Princess Margaret to come and play.

But as Felix Dennis said: 'It's not a theme park, it's a real community. Most of the St Vincentians working here are earning two or three times the salary [that they would elsewhere] – what's not to like? We have very strict codes as to their living conditions. You've got the second tier of the rich – Abramovich and Gates don't live here because we don't allow armed bodyguards. We're still in the top one per cent of the world, and yet St Vincent and the Grenadines [of which Mustique is a part] is one of the poorest countries in the Western world, only one above Haiti. This is usually a recipe for catastrophe, but it only works because we are the biggest taxpayer and employer other than the government. As long as we give more than we take, this sociological experiment which has gone on for 40 years will continue.'

Unofficial gatekeeper is the patrician Jeannette Cadet. Elegantly dressed even in the heat, laconic and profoundly unimpressable, Jeannette has masterminded the villa rentals for 27 years. It's rumoured that if she doesn't feel you would fit in, no matter how much money you throw at the issue, you will find that there are no houses available to rent for the dates you are planning.

And the list of people who really want to be here is eye-popping. The fact that they're often celebrities, always rich and usually chic is not the only point. These people

BEACHES

Lagoon Beach is VERY calm

Princess Margaret Beach is usually deserted

Macaroni Beach has waves and a bit of an undertow. Everyone loves it – it's always busy with people having picnics at the various tables dotted around

Pasture Beach is dangerous for a swim, but great for a walk

At the **Cotton House** beach, you can lie around on the hotel's loungers, order cocktails and take a safe, tidy, elegant dip off the pier









CLOCKWISE FROM RIGHT, PRINCESS MARGARET WELCOMES THE QUEEN'S ARRIVAL ON MUSTIQUE, 1977. TOMMY & DEE HILFIGER. RODDY LLEWELLYN, 1978. PRINCESS MARGARET, 1985

PHOTOGRAPHS : LICHFIELD/GETTY IMAGES, ALPHA PRESS, REX FEATURES, AH/LFI, VANTAGENEWS.CO.UK

could go anywhere and do anything (most of them already have), and then they come back to Mustique. After all, the Duchess of Cambridge brought Prince George to Mustique for their first holiday abroad. She could go anywhere (and be welcomed with beaming smiles and open arms) and yet she chose here.

Unlike in nearby Barbados, there is no crime. This is no accident and although there doesn't appear to be a single lock on the island, security is one of Mustique's strong selling points. It is almost certainly because, as Roger Pritchard says, they see themselves as a community, not a resort. They have 99 per cent employment, the best primary school in the Caribbean and a great doctor. Ah, the doctor: Michael Bunbury (ex-Downside and Irish Guards), charming to a fault, knows everyone and everything. And his cracking, petite wife Lotty has the chicest shop in all the Caribbean, the Pink House, from which she sells her nailed-it-perfect men's, women's and kids' beachwear.

Mustique can be tremendously sociable if you want it to be. Once again, the community spirit comes into play – whenever there is a party, and over Christmas and Easter there are LOTS, pretty much everyone staying on the island is somehow invited.



The Cotton House

WHO GOES

- Aoife Lambilliotte
- Eliane and Nabil Fattal
- Anya and James Seymour
- David Ross
- Prince George and the Duchess of Cambridge
- Carole, Michael, James and Pippa Middleton
- Sir Mick Jagger
- Bryan Adams
- Mark and Katie Cecil
- Daphne Guinness
- Tommy and Dee Hilfiger
- Lawrence and Claire-Anne Stroll
- Tom Ford and Richard Buckley
- Count Manfredi and Countess Dora della Gherardesca
- Pierre Lagrange
- Marc Quinn

And for the past 20 years Mustique has hosted a blues festival from late January to early February at Basil's Bar. The laconic-to-the-point-of-coma Basil Charles himself has held court since the days of Colin Tennant and Princess Margaret and continues to be the ambassador-cum-mascot for the island. Although the festival has grown, it is still beautifully informal, and not in an 'informal diamonds' sort of way. Everyone just pitches up of an evening, usually covered in sand and salt from a day at the beach. Last year Carole, Michael, James and Pippa Middleton were seen, still in their tennis clothes, dancing happily *en famille* well into the night.

The island informality extends to the organisation (they were supposed to have leaflets but they all blew away) but not to the purpose – the Mustique Blues Festival is held in aid of the Basil Charles Education Foundation. Dana Gillespie, who was at school with Colin Tennant's sister and first came to Mustique 35 years ago, is in charge of securing the musicians and recording each session. She says: 'Mick Jagger, Nigel Kennedy – lots of people just get up and have fun. Daphne Guinness leapt up and sang last night. At Basil's... you don't have to feel as though you have to get into some sort of outfit.'

And unless it's the epically sociable Christmas or Easter weeks, as she points out, 'Other than the festival, there's absolutely nothing to do in the evenings.' It may be the most exclusive blues festival in the world, but it fits perfectly with the Mustique way of downplaying ▷

◁ everything – no magnums of champagne being sprayed over topless totty here. 'You get the catch of the day, you get pumpkin soup, and that's what you get at Basil's.'

Although the two hotels are nice, and the Cotton House has a small Ila spa and is undergoing a bit of a revamp, the point of Mustique is to rent a villa. None could be considered cheap, but they do run the gamut from reasonable to epic. We stayed at Ocean Breeze – high up, with 360° views and a constant delicious breeze, so it's never stifling and there are no mosquitoes. It was designed to take vigorous advantage of its position – everywhere you look, it's as though the gods of lounging are tempting you for a little sit-down, to stop and feel the breeze on your skin, the sun on your face, and while you're at it, have you noticed the view?

Marble steps flanked by palm trees lead to the entrance of the main house, where the decoration is Plantation layered with a bit of Asian and punctuated with contemporary pieces of furniture and art. There are five huge bedrooms, each opening onto a terrace, each with sea views, all four-poster beds with white-muslin mosquito nets and dressing rooms. Not that you'll want to work here, but the wi-fi is better than in Newbury. The master suite is the only bedroom in the main house (the others are dotted around the garden) and it's huge, with a study, a wonderful dressing room and a vast marble bathroom you could park a 747 in.

As you would expect, the housekeeping is impeccable – the bins never house a used tissue for more than 15 minutes and there is a speedy and faultless laundry service. The kitchen is impeccable and Gabriel, the chef, is a true talent – he can turn his hand to anything from super-fancy to super-relaxed, and even then he makes the burger buns from scratch. And as there is a deliberate absence of restaurants, cafés and bars on Mustique, Ocean Breeze has a choice of four eating spots, and the staff will happily arrange the best beach picnic or barbecue you can imagine at the drop of a hat.

But what makes renting a villa here extraordinary is that the houses are indivisible from their staff. At Ocean Breeze the team have been together for decades, laughing, singing and arguing about politics all day long.

If you hate horrid abroad but really, really like the idea of a super-swish island holiday, Mustique has very literally been designed for you. The weather is marvellous, the sea is inviting, the service is American-slick with Caribbean charm and everything (within the boundaries of almost indescribable luxury) is Low Key. □

BOOK IT *Ocean Breeze, from £236 per person a night, based on 10 adults sharing. Rate includes six staff and jeep (mustique-island.com; 020 7201 6831).*





LEFT, JERRY HALL & MICK JAGGER, 1987. *RIGHT*, A BEDROOM & *BELOW RIGHT*, THE INFINITY POOL AT OCEAN BREEZE



PECKING ORDER

1. People with houses they don't rent out
2. People with houses they do rent out
3. Renters
4. Guests at Cotton House
5. Guests at Firefly
6. Daytrippers





LEFT, MEG MATHEWS, KATE MOSS & NOEL GALLAGHER, 1996. *RIGHT*, ROSINA VILLA, WHERE THE MIDDLETONS STAYED ON MUSTIQUE LAST YEAR. *BELOW*, THE TENNANTS & BIANCA JAGGER, 1976





ABOVE, THE DUCHESS OF CAMBRIDGE. *FAR RIGHT*, BASIL'S BAR, 1992. *BELOW*, BASIL'S BAR OWNER BASIL CHARLES



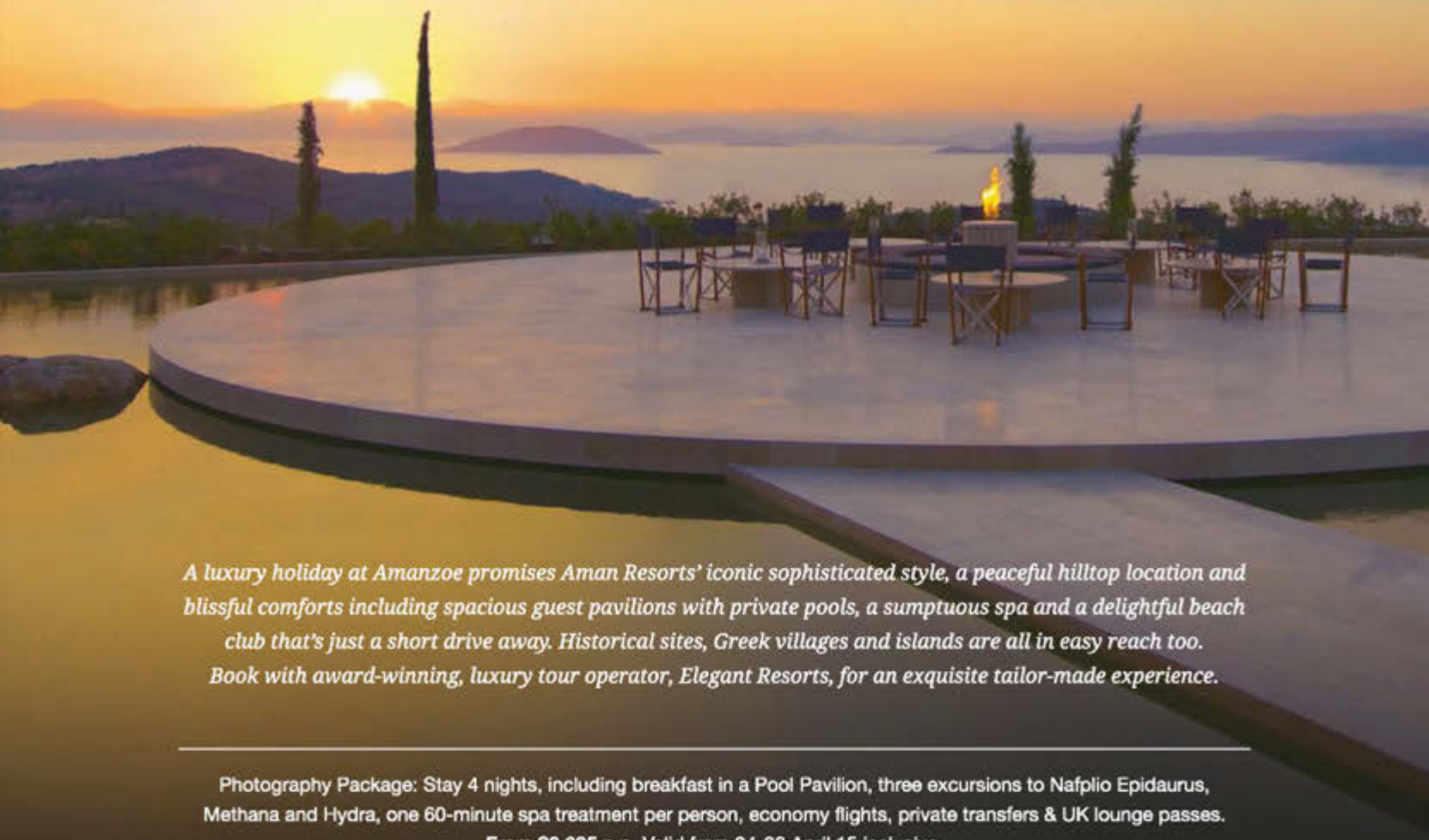


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Central Terrace at Amanzoe, Greece

BLUE SKY THINKING

Claudia Winkleman needed a break from decision-making, and she found it at the wonderfully choice-free Carlisle Bay in Antigua





ABOVE LEFT, THE POOL AT CARLISLE BAY. *ABOVE RIGHT*, THE BLUE SPA. *BELOW*, ONE OF THE HOTEL ENTRANCES





A pavilion at Carlisle Bay



ABOVE, THE VIEW FROM A BEACH SUITE. *BELOW*, THE INDIGO ON THE BEACH BAR



If you're anything like me, you're fed up with making decisions. What are we going to call the baby? What soup are we going to eat? Where should this lamp thing I bought go? Who's coming for supper? Should I give up sugar or gluten? I'm DONE with deciding stuff. It's all I do, all day long – whether it's the big stuff (shall I forgive him for forgetting where the mustard lives?) or the small stuff (Braeburn or Cox?), the bottom line is, I don't want to arrive on holiday any more and have to make decisions.

Before babies and old age set in, I loved landing in Ibiza/Naples/Paris with no sure-fire plans. There was nothing my girlfriends and I loved more than squealing, 'WHERE shall we go tonight?' and 'WHAT shall we wear?' and, the best one ever, 'WHO am I going to flirt with?' Well, now I'm 104 and my world has changed – I like to know what lipbalm I'm going to be using on the flight (it's Clinique) and what socks I'll be carrying with me for the journey home (Brora men's socks in charcoal). No, I know it's not sexy. But remember, I'm 104.

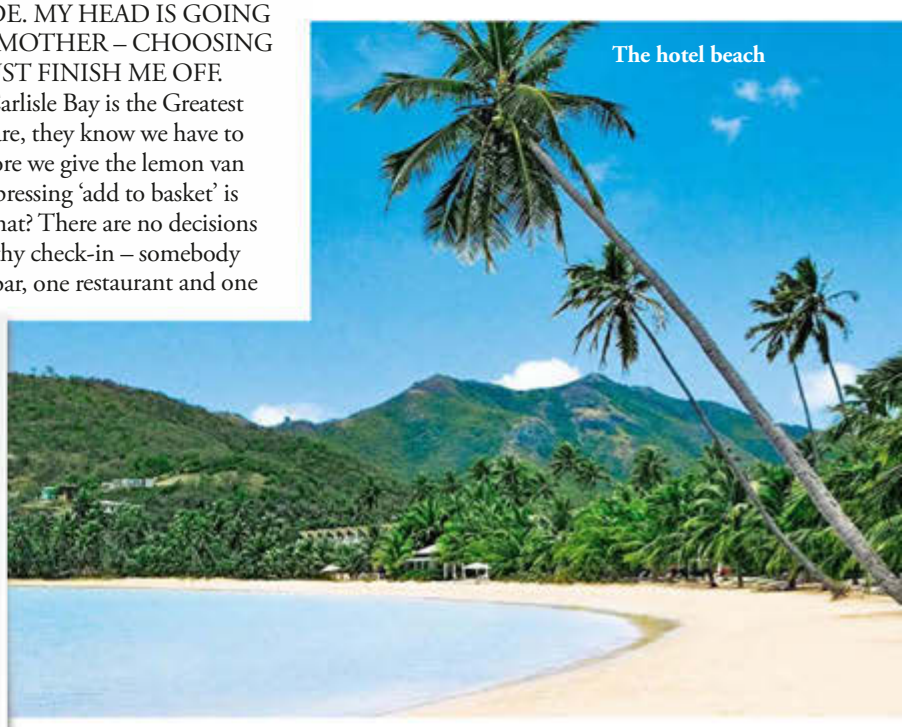
Hotels and resorts don't understand this and offer up a plethora of options the moment you fall out of the airport car and into their lobby: 'Would you like a hot or cold towel?'; 'Would you like a watermelon punch or a coconut and mango thirst-quencher?'; 'Would you like to make dining reservations for this evening? For the Moroccan restaurant by the sea, the Italian bistro next to the spa or, as it's Thursday, would you like to join us for a BBQ and local show on beach number three?'

LEAVE ME ALONE. I CAN'T DECIDE. MY HEAD IS GOING TO FALL OFF. I'M A MIDDLE-AGED MOTHER – CHOOSING WHAT CEREAL TO HAVE MIGHT JUST FINISH ME OFF.

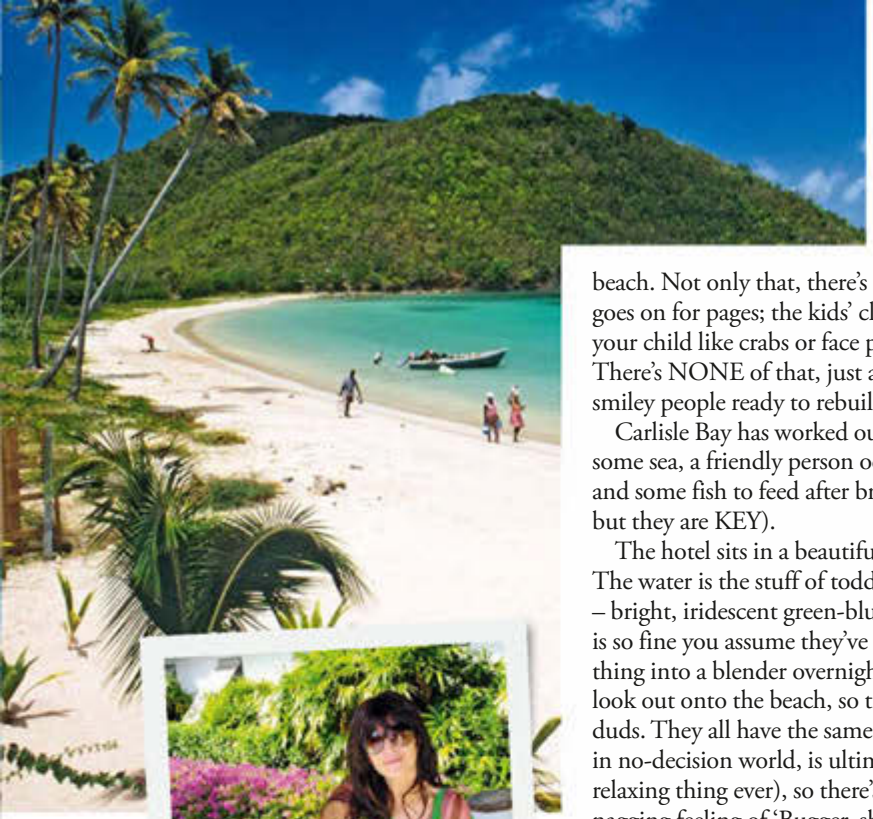
And this is why, ladies and gentlemen, Carlisle Bay is the Greatest Hotel on Earth. They know how busy we are, they know we have to tweak an Ocado shop at least six times before we give the lemon van the full go-ahead, they've worked out that pressing 'add to basket' is only done after 100 ums and ahs. Guess what? There are no decisions to be made at Carlisle Bay. There's no lengthy check-in – somebody just guides you to your room. There's one bar, one restaurant and one



Claudia on her balcony



The hotel beach





beach. Not only that, there's one menu. There isn't a spa brochure that goes on for pages; the kids' club doesn't have endless choices ('Does your child like crabs or face painting, because we have OPTIONS!'). There's NONE of that, just a lovely room with a paddling pool and smiley people ready to rebuild Lego a hundred times.

Carlisle Bay has worked out that all a family really needs is a beach, some sea, a friendly person occasionally passing round a melon skewer, and some fish to feed after breakfast (I will come back to the fish, but they are KEY).



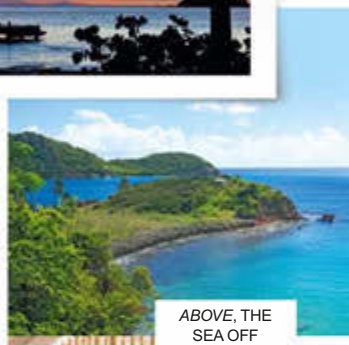
The hotel sits in a beautiful little bay. The water is the stuff of toddler drawings – bright, iridescent green-blue – and the sand is so fine you assume they've stuck the whole thing into a blender overnight. All the rooms look out onto the beach, so there are no duds. They all have the same layout (this, in no-decision world, is ultimately the most relaxing thing ever), so there's never that nagging feeling of 'Bugger, should we have gone for a garden room or the jazzy one with the outdoor bath?', and the room layout is genuinely magnificent. Rarely have I written a travel piece that would be aided by a floor plan, but here I feel I need to mention it. There is a huge, I mean HUGE, sitting room that happens to have a bed in it that overlooks the sea. Next to this is a gargantuan bathroom with a shower that could be used to rinse whole herds of elephants, and then there's ANOTHER huge bedroom that looks out onto the garden. This is shady (good for small people) and they will set up the room however you want. 'Another cot? No problem. Two twins with reading lamps? Sure thing. A sofa bed and a desk for the kid who has exams when he gets home? Give us 10 minutes to sort it.' ▷



The jetty at sunset



Claudia in full holiday mode



ABOVE, THE SEA OFF CARLISLE BAY







ABOVE LEFT, THE MAIN ENTRANCE. *RIGHT*, THE INDIGO ON THE BEACH BAR. *BELOW LEFT*, THE CANDLELIT JETTY. *BELOW RIGHT*, A VIEW OVER ANTIGUA



PHOTOGRAPHS: ALAMY, BERTRAND RIEGER/GETTY IMAGES



The beach at Carlisle Bay



ABOVE, THE RESIDENT KOI CARP. *RIGHT*, CLAUDIA WITH A JAUNTY FLOWER IN HER HAIR. *BELOW*, THE BAY

◁ You see? A whole family can inhabit this space and just wander about happily. You also get a beautiful balcony – it's genuinely littered with double daybeds topped with bright white towelling (dreamy) and massive palm trees, and a table that can seat six. Stick the kids in bed, order up two glasses of rosé and the grilled local mahi-mahi with a salad, and open the Scrabble board. This, just so you know, is officially known as 'The Night of Joy'.

Now – we can go no further without a discussion about breakfast: even if you took the bright sea away, the perfect luminous sand, the twinkly stars at night and the amazing spa, I would quite frankly get on a Virgin plane for eight hours just for the breakfast. I should describe the dining room: freakishly high ceilings, whitewashed wood, polished walnut floor and fans – and it's totally open to the elements and sitting bang on the beach. The breakfast is laid out on a central table (amazing news – a buffet for small hungry people is actually the difference between a great holiday and that hideous 'Why are they so whiny? I'm packing the bags' tension).

Let me describe the table: mountains of fresh mango (you should know the mango from Antigua is some of the best in the world and there are mango farms all around the area. Ask to go to one and pick and eat the fruit straight from the tree – mind-blowing), plus there's melon that's so sweet Haribo should invest. And then there are the miniature pastries: tiny apricot swirls that will force you to shout out loud, and mini hazelnut and chocolate croissants that will make you WANT to put on two stone.

They bake fresh bread every day and don't stop bringing over warm baskets full of it. They'll also make waffles, pancakes and the best granola on the planet in minutes. Just when you can't move any more, they'll ask if you'd like to feed your leftovers and crumbs to the fish. 'Got some goldfish?' we asked on the first day before they quietly guided us to a beautiful dappled pool full of inquisitive and happy koi. These fish are strangely sweet and love the apricot swirls as much as any human being. It's weirdly calming and fascinating to sit next to this perfect pond for 30 minutes as a family every morning. Very quickly you get into the amazing pattern of mango, fish feeding, beach lolling, melon skewers, reading books, tennis lessons, supper (mahi-mahi or an amazing local fish curry), and then you just repeat.

No decisions, no hassle, no stress. Carlisle Bay might be the most relaxing holiday we've ever had. The only decision you will have to make is to book it. □

Carrier offers seven nights from £2,950 a person (based on two people sharing), including flights, private transfers, and meals and drinks.



ABOVE, THE BLUE SPA RECEPTION. *BELOW*, ONE OF THE SUITES



PHOTOGRAPHS: ALAMY, SHUTTERSTOCK


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WHY THE LONG FACE? THERE'S TONS OF FANCY-DRESS FUN OVER THE PAGE...

SIENNA HOERSMAN AT THE LYLA NSOULI FOUNDATION'S 'WISHES & WITCHES' HALLOWE'EN FUNDRAISER

PHOTOGRAPH: DARREN GERRISH

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LITTLE MONSTER MASH

Spooktacular shenanigans

At the Lyla Nsouli Foundation's 'Wishes and Witches' Hallowe'en fundraiser in Mayfair, the mini wizards, witches and ghouls got a serious fright when they lifted the lid off a silver platter and discovered a real human head. Fortunately, it was still attached to a body and, even better, the body was very much alive. But that was that for tricks, and the rest of the affair was a giant pick 'n' mix of treats that raised money towards research into child brain cancer.

Photographed by DARREN GERRISH



AXEL, ALIAI & COLE DICKSON



ADRIAN SIRISCALCO



NICHOLAS CHRYSSICOPOULOS



Maya and Max Rokos



ELOISE HAWTIN



IYA & JUDE SALTY



SARA FAKHRY



ZEYD NSOULI



RORY & CAMERON McCANNON



CAROLINE URBAN



MIJANOU DILKS & ALEXANDRA BAYLEY



ANTONIA MOFFATT

CAROLINA KAUFMANN & JOHAN KUYLENSTIERNA

MISSION ACCOMPLISHED

Hunters stump up for life-saving whirlybirds

Alan Eisner had not attended the VWH Hunt Ball at the Cirencester Park Polo Club since the Eighties, but he was relieved to discover it was as wild as ever, with sparkling flares attached to vodka bottles illuminating the (already glittering) chatter. There had also been no dip in generosity either, and in the post-supper auction **Earl Bathurst**, **Viscount Daventry** and **Constance D'Arcy Clarke** helped raise over £20,000 for air ambulances.

Photographed by DARREN GERRISH



CLIVE & PIPPA WEBB-CARTER



Jason Weston and Isabel Crocker



SASHA MADINA, BOBBY BALL & WEAZEL MOXON

OUR PUBLIC FACE vs OUR PRIVATE FACE

THE MINUSCULE SALAD

We all know her – she opts for a side, despite having just encouraged you to go supersize.

Who she wants to be

Gosh, I am so jealous of those who can handle a whole burger. I did a lot of ballet when I was growing up and it did something to my metabolism.

Who she actually is

You shouldn't trust me – I will 'accidentally' buy the same winter coat as you. And when I am looking at you, I am thinking about your hot husband.

THE DISPLAY CROISSANT

When you invite her for brunch, she generously shows up with an excessive amount of pastries (even though you've already cooked). She automatically knows where to find the plates.

Who she wants to be

My children have never had nits and even their snotty noses are adorable when they blow bubbles.

Who she actually is

I sniff the pages of my Cath Kidston catalogue. I'm generally considered the short straw when someone gets seated next to me at dinner.

THE PRETENTIOUS BOOK

Everyone knows the John Waters quote: 'If you go home with somebody and they don't have books, don't fuck them.' So on her bedside table sits a tattered copy of Thérèse Raquin (which she put there optimistically, pre-date).

Who she wants to be

Multilingual art critic, Renaissance poetry-reading violinist, size-eight foodie, fuckable fun girl.

Who she actually is

Every House membership and ill-thought-out Saturday nights and please-don't-judge-me crippling self-consciousness.

THE TINDER PROFILE

There's the pic of him surfing, a snap with a Labrador and the one where he is pulling silly faces with his nephew. Swoon. But let's not forget the photo of him goofing about at a festival or the one of him in his plus fours.

Who he wants to be

I'm an all-rounder. You want babies? I'll change their nappies. Puppies? I'll pick up their poop. Posh? I rustle up a mean pheasant curry on winter nights.

Who he actually is

I'm a man. I have needs. And I live within five miles. Fancy a pint? And a poke?

PHOTOGRAPHS: ISTOCK


SEAN LEANE & JANET JOKAT


LADY VIOLET & LADY ALICE MANNERS


GEORGE FORT


JEMIMA HERBERT & LADY KITTY SPENCER


GEORGIANA HUDDART


TANYA BRETT & KARTA HEALY


FREYA WOOD & LILY ROBINSON

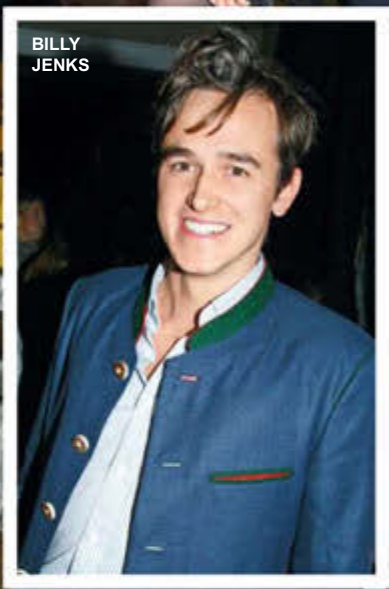

SCOTT THOMPSON & RONNIE POTEL

SAY CHEESE!


JESSICA HORWELL & ASH ESFARANI


GRACE PILKINGTON, JACK PILKINGTON & MORGAN MACKINTOSH


JO WOOD & FRAN CUTLER


BILLY JENKS


BARIMA EDUSEI, EDWARD TOWERS, ALICIA MELLER & BENJI HALL


SOPHIE WILSON


MARK-FRANCIS VANDELLI

SEX WITH YOUR EX: THE RULES

- Ask for what you would never normally dare ask for. Remember, you don't care what they think any more.
- If you got a really big divorce settlement, you could always do it as a thank you.
- Don't confuse this with reality; it might as well be a dream, it is that relevant to your life. And, like dreams, no one else will want to hear about it.
- Quite a good way to piss off the man/woman she/he left you for.
- No more than twice. The whole concept of the 'fuckbuddy' feels incredibly dated these days, don't you think?
- Don't revisit as part of a threesome. Super-confusing for everyone involved.
- Don't stay the night. Breakfast is when things start to get blurry.
- If you are mastering a new technique, this is the perfect test bed.
- IT DOESN'T MEAN ANYTHING.
- If the end was bad and you've always wanted to try angry sex… Here's your chance.
- Sign-off is hard. But we recommend the following text: 'That was hot. Over and out.'

PHOTOGRAPH: SHUTTERSTOCK



VENETIA VAN HOORN ALKEMA & MARQUESS OF BOWMONT AND CESSFORD



KITTY JENKS, ALEXANDER COLERIDGE & DAISY JENKS





INDIA CLARKE & ANTONIA PLUNKETT

HIT SINGLES

Delectable eligibles at the Little Black Book Party

The best parties happen when one thing leads to another, which was absolutely true of *Tatler*'s Little Black Book Party, sponsored by CARAT*, as 300 smoking-hot singletons rampaged through Home House private members' club, finding endless rooms in which to cavort. It was turn right for grooving to DJ **Daniel Lindegren** with **Lady Kitty Spencer** and **Amber Le Bon**, or left for Snow Queen Vodka cocktails at the space-age blue-lit bar. Up the sweeping stairs for smoking on the balcony with **Grace Pilkington** and **Francis Boulle**, or through to the photo booth for a fancy-dress squeeze with **Lady Sibylla Phipps** or **Mark-Francis Vandelli**. **Jennifer George** warded off plucky gatecrashers, while the Manners sisters, **Lady Violet** and **Lady Eliza**, insisted they were too sexy for all this (to be fair, they were singing along to the song). Latecomers included **William Roper-Curzon** and **Baroness Rawlings**, who popped in for a Nyetimber en route home to Eaton Square. Rumours that one lady's waters had broken proved to be true. And the child's name? Tatty.



EFFIE REEVE



TATIANA CARRELET & ELOISE SHOWERING

NATASHA WORSNOP



Ranald Macdonald and Oscar Sholto Robertson



LUCAS WURFBAIN, OPHELIA HOHLER & FRANCIS BOULLE



GENEVIEVE SCOTT & KATIE READMAN



CHARLIE CASELY-HAYFORD & SOPHIE ASHBY

KISS ME KWIK



AMBER GUINNESS & MATTHEW BELL







BERTRAND MICHAUD

HANAKO & ROGER VARIAN



LUCY SANGSTER



JOHNNY WEATHERBY & VISCOUNTESS ROTHERMERE

COURSES FOR HORSES

Tatler and Hermès host a lunch for hippophiles

No one could accuse the sculptor **Nic Fiddian-Green** of being a shrinking violet. At the Hippophile's Lunch, hosted by *Tatler* and Hermès at the Connaught to raise money for World Horse Welfare and to celebrate the launch of the limited edition WHW Hermès scarf, he spied one of his horse-head creations, which belonged to the hotel itself, and decided to liberate it from captivity. Cradling it under one arm, he bounded onto the stage and delivered an impromptu and heavily improvised speech to the great and good of the equine world. What a mischievous fella! It's a wonder one of the guests didn't spank him with the smart Hermès horse brushes that they'd all received as presents.



MARIELLA TANDY & CAROLINE ISSA



JOHN GOSDEN, LADY BAMFORD & ALICE BAMFORD

LUCINDA GREEN & JILLY COOPER



CAROLINE & SANDY ORR



ED SACKVILLE & SHEIKH FAHAD AL THANI



LUCY BIRLEY



The Marchioness of Milford Haven and Earl of March and Kinrara



DAISY, LAZLO GAL & GNASHER



STEPHEN ALDEN & NATHALIE SEILER-HAYEZ



LADY CAROLYN WARREN & LIZZIE PELLY



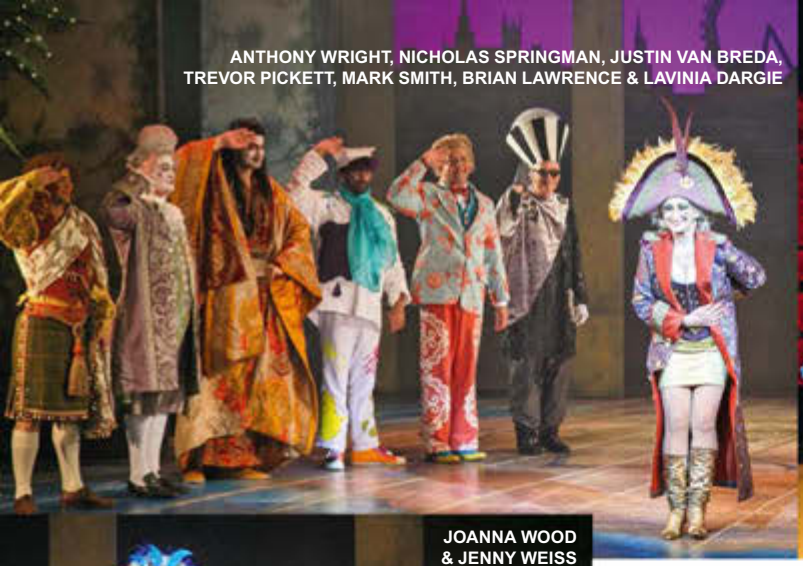
SUE DE ZULUETA & LORD MANCROFT



RICHARD HANNON & HENRY HANNON



GUY PELLY



ANTHONY WRIGHT, NICHOLAS SPRINGMAN, JUSTIN VAN BREDA, TREVOR PICKETT, MARK SMITH, BRIAN LAWRENCE & LAVINIA DARGIE



TESSA KENNEDY



GRAHAM NOAKES



JOANNA WOOD & JENNY WEISS

WIDOW SWANKY

Oh yes it is... the most fabulous panto in the land

What did you do on your holidays? I bet you didn't create the entire wardrobe for a pantomime. But then you're probably not **Jasper Conran**. He spent his summer holiday in Lindos dreaming up costumes for *Peter Pan and the Designers of the Caribbean* – the Interior Designers' Pantomime at the Bloomsbury Theatre, WC1, in aid of the NSPCC. The multitalented **Tim Gosling** produced the show and also pulled off an eye-popping eight costume changes to play Donna Kebab.



Trevor Pickett



CAROLINE LAWSON & WILLIAM YEOWARD



NICHOLAS SPRINGMAN



HELEN BYGRAVES & ANDREW BUCHANAN

THERE IS NOTHING LIKE A (PANTO) DAME



TIM GOSLING: A WIDOW TWANKY OF MANY GUISES...



...AY CARAMBA!



...FROCK LOBSTER



...NEXT BREAST THING



...HE'S BEHIND YOU! (WITH JOHN RHODES)


LARA EVANS


Archie Aldous and Edwin Agnew


CHLOE COLEMAN & INDIA WEIR


ARCHIE ALDOUS, *RIGHT*, & FRIEND


AMELIA GURNEY, SPENCER MATTHEWS, MIA DERRICK & EMILY MILNER

TOUT SWEET

The smell of success wafts across SW6

At the NSPCC Electric Charity Ball, for 13- to 16-year-olds, there was all-out war in the boys' loos. No blood was spilt, no honour was lost – but, wow, was there some pheromonal action. Who needs wedgies and games like 'Moron Says What' (What? Aha!) when one can make inspirational use of the Lynx sprays that had been laid on, presumably to stop the Hurlingham Club dancefloor from reeking of teenage dirtbags. The boys gleefully doused one another in battle and everyone came out smelling of roses, particularly when it emerged that the party had raised about £22,000. If that's not win-win, what is?



OLIVIA KIRKBY & LUCY BERGSTROM


JASPER CAMPBELL & HATTY SASSON


EVIE JONES & MILLIE MOSS


OSCAR POWELL, ORLANDO BELL & ROBBIE MACGUFFOY


WILL DUNHILL-TURNER & NICO REID SCOTT

Lies to tell lefties

You can eat the entire pistachio

Taking them out of their shells is a bit like sticking out your little finger when you drink tea. Put the whole thing in there – and crunch. And if you can't, just swallow. Don't put bits in an ashtray. That would be like filling it up with snot.

By Hugo Rifkind, who writes for The Times


GEORGIA HOPE & JADE WHITE-THOMSON

LET THEM EAT CUPCAKE


EDIE GRAHAM


... WITH RORY GRAHAM

PHOTOGRAPH: SHUTTERSTOCK



MATTHEW GUINNESS & LOUISE GUINNESS



BENJAMIN UDY & THEODORA GORMLEY



MAJOR PAUL SNODGRASS



LUCY MARTIN & SAM GUINNESS

MIGHTY REEL

You spin me right round, baby, right round

There was a headlong rush to fill dance cards as the Craigievar Scottish Dance Band struck up 'The Dashing White Sergeant' at the Tedworth Hunt's sold-out reeling party. Seasoned twirler **Molly Ceglowski** was instantly snapped up, as was anyone in a kilt (they appeal to the imagination). **Michael Kallenbach** ting-tinged his glass splendidly to thank **Mirabel Helme** for lending them her barns. But reelers are basically maniacs, so it was straight back to the dancefloor for a vicious bout of the Gay Gordons.

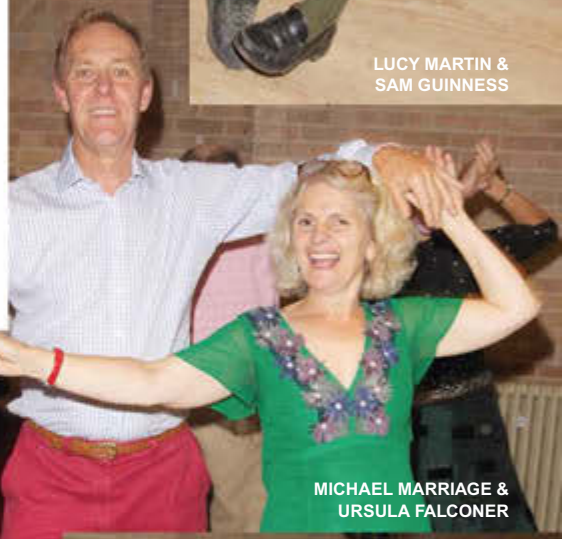
Photographed by PIERS ALLARDYCE



RORY GUINNESS & AMBER GUINNESS



TOM VACHER



MICHAEL MARRIAGE & URSULA FALCONER



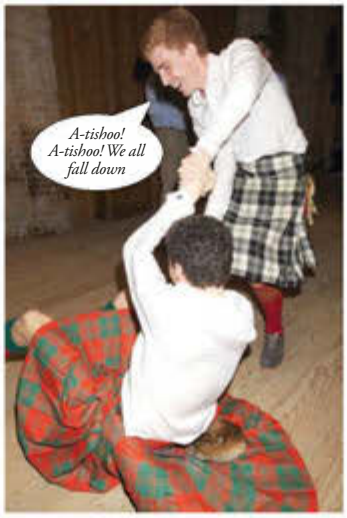
ELLEN OATEN & MIKE RIDDELL

MEN IN SKIRTS! DANCING TOGETHER!!



ARTHUR GUINNESS & HECTOR GUINNESS





BE DAZZLED...

1. Brilliant Inc. is a luxury fine jewellery boutique in London's Sloane Square, established to fulfil the dreams of diamond lovers with its exclusive collection of ethically grown, non-mined fine diamonds. Their jewellery is expertly cut using the finest materials to ensure maximum brilliance and fire that lasts forever. With prices from £85, handset in either sterling silver or 9K gold, gemologists agree the only way to tell the difference between their stones and traditional mined diamonds is the price tag! 41 Duke of York's, Sloane Square, London SW3 4LY. Call 020 7259 9555 or visit www.brilliantinc.co.uk

BRILLIANT INC LONDON

1



Deco Maxi £165

2



3



2. Love is (Li) is a Swiss jewellery boutique creating luxury custom and limited edition pieces. Family run, Li's unique range and bespoke design service focus on creating pieces from precious materials for the discerning jewellery lover. Contact www.loveis.ch or call +41 78 819 38 38.

3. Equestrian Jewellers. Handmade jewellery to be seen wearing in the city or countryside. They offer a fine selection of equestrian and country themed jewellery available in sterling silver or 9ct gold. Find them at point to points or three day events throughout the season or buy online at www.equestrianjewellers.co.uk

4. The Locket Tree are a family-run business based on the beautiful south coast of England. They stock the widest selection of lockets in the UK and are able to both engrave and add personal photos. From childrens' to family lockets, from Victorian and vintage to minimalist and contemporary, there is something for everyone! For a beautiful, hand-picked collection of lockets, selected from all round the world, visit www.thelockettree.co.uk or email sales@thelockettree.co.uk

4



5

6



7



5. Bespoke, beautiful, handmade pieces all made within the UK. **Xanthe Marina** encourages customers to pick and choose from an array of gems, metals and elegant and edgy designs creating individual and unique jewellery that catches the eye and imagination. Pictured here is 18ct White Gold Hand of Hamsa With Tsavorite Garnet and Topaz Drop Necklace. Quote "TATLER" for 10% discount offer ends 1st March 2015. Call 07768 263198 for more information or visit www.xanthemarina.com

6. Designer jeweller **Liz Tyler** delights in creating individual pieces always with a sense of movement in the flow of the design. Liz does regular exhibitions across the country and will be exhibiting at Chelsea Town Hall with Desire 6-8th March 2015. Visit www.liztyler.com or contact Liz on 01258 820222.

8



7. Louise Wade designs luxury jewellery under her own name. Her label is based in London and all of her designs are handcrafted to the highest quality here in the UK. "We design distinctive and elegant jewellery for the stylish, discerning and free spirited individual." Visit www.louisewade.com and quote 'Tatler' at the checkout for a 10% discount on all items until 5th March 2015.

8. The Watch Agency specialise in buying and selling new, ex display and pre owned watches by the world's leading watchmakers, including Rolex, Cartier, Patek Philippe, and Jaeger Le Coultre. All jewellery also available at large discounts. Pictured Lady's 18ct Gold Rolex Datejust on President Bracelet with Diamond set Bezel Dial, Lugs and Bracelet. New £38,200. As New £9,995. With prices starting from under half of retail ensure that you speak to one of their watch and jewellery experts to get the best for less. Call 01702 395100 or visit www.watchagency.co.uk

9



10



9. Sarah-Jane hand made solid Gold and solid Silver jewellery. One can't help but be emotionally drawn to the sea. Perhaps its fond memories of family holidays spent rockpooling, or fossil hunting. The sea is in us all. Her jewellery creations are inspired by the sea's beautiful treasures. Visit www.sarah-jane-jewellery.com

10. Diamond Rocks has a stunning range of Engagement Rings, Diamond Jewellery and Designer Jewellery with over 1,500 items in stock and big savings compared to the High Street! You can Design Your Own Ring on the website by selecting from thousands of Certified Diamonds. Buy online at www.diamondrocks.co.uk Visit them in Hatton Garden (strictly by appointment only) or call 0800 977 4855.

11



11. Pearls of the Orient Online offer a stunning range of cultured South Sea and freshwater pearl jewellery. Featured are their bestselling fashionable double pearl stud earrings. To view them and more of their collection, visit www.pearlsoftheorientonline.com or call 01483 202232.

12



12. Merci Maman offers a beautiful range of personalised gifts which will make a perfect Valentine's day present! Featured is their personalised Gold Plated Infinity Bracelet (£69) that will be engraved by hand with the names, dates or message of your choice. Also available in Sterling Silver. The dedicated team at Merci Maman will hand-craft your bracelet from start to finish within only a couple of days and they will gift wrap your treasure in their lovely box, sealed with a bow. For more information, visit www.mercimamanboutique.com or call 020 7731 1377.

13



13. Annie Haak's new Frankie's Ruby bracelet is hand-beaded with sterling silver flower spacer beads and genuine ruby red Swarovski crystals for a delicate shine. Created as a statement piece for just £72.00 but would look stunning accompanied by any other ANNIE HAAK bracelets for that stacked look! Visit our site www.anniehaakdesigns.co.uk

14



15



14. Style Never Goes Out Of Fashion. Cobra & Bellamy is the leading name in classically designed watches, retro in style reminiscent of the 1930s, 40s and 50s. Pictured here is the Cobra watch available in Stainless Steel at £99, Rose Gold plated and 21 Carat Gold Plated at £115. Sienna Miller has chosen to eschew more established watch companies to fly the flag for Cobra & Bellamy's retro inspired watch collection, here is a quote from her "Cobra & Bellamy watches are classic, beautiful and affordable I love all of them". To see the whole Cobra & Bellamy watch collection, go to www.cobrabellamywatches.co.uk or call 01736 732112 for further information.

15. Keratia offers the ultimate replica diamond jewellery. All settings are in 18 carat gold. From £350. Absolutely no one can see the difference! Visit www.keratia.com or call 07974 260360.

16



17



16. Bone of London. Inspired by the natural elegance of the leopard, Bone of London have crafted a timeless piece to reflect the beauty of this infamous creature of the wild. The "Leopard Ring" comprises of a stunning 1.52 ct yellow marquise diamond encased in a yellow gold setting surrounded by yellow sapphires and cognac diamonds. Check out the new boutique on 496 Kings Road, SW10 0LE, call 020 8616 0480 or visit www.boneoflondon.com

17. Skultuna 1607. Established in the year 1607 and purveyors to H.M. The King of Sweden. View the latest collections of cuff links and men's accessories and shop now at www.skultuna.com or call +46 21 783 00.

18



18. Melina Clark fine jewellery, unusual and sensual design, full of life and movement. Melina draws on her traditional training with Garrard's, and a more contemporary one with Roger Doyle now creating her own style, smithing with spirit. Bespoke engagement/wedding, outrageous one offs. Visit www.melinaclark.com or call 07968 741333.

THE TATLER STYLE FILE...

1. Accha is a new lifestyle brand by Maritzina Slater. These striking pashmina coats, exquisitely made of pure pashmina wool with a variety of brightly coloured silk linings, can be dressed up or down to suit formal occasions and more casual wear. Being warm yet lightweight makes this beautiful wardrobe staple an ideal travel companion. Find out more at www.acchadesigns.com



2. Treat yourself to one of our soft unlined tote bags from **Dunmore Scotland.** Made in the UK, these elegant and stylish bags come in a range of colours and they comfortably hold all your need for the day, whether at work or play. The tote costs £159, but Tatler readers can get 15% off by using code dunval015. See their full range at www.dunmorescotland.com and follow us on Twitter and Instagram@dunmorescotland



3. Sexy Kaftans. New colours and styles of designer kaftans from St. Barths now in stock. Tops, tunics and kaftans available to buy securely online at www.louisesandberg.com or email info@louisesandberg.com for more information.



4. Rock Paper Cloth is a range of 100% Silk, hand illustrated scarves, inspired by London and its local park life. The collection is printed in Italy, and each design is part of a limited edition of 50 per style. Find them at www.rockpapercloth.com or call on +44 7515 79 78 77



5. MP Designs | Hartford, Connecticut. Mariely grew up in a home where her mom sewed and her uncle was a local designer, so it's no wonder she fell in love with fashion design at a young age. Her collections focus on basic pieces for sophisticated young women, with a luxurious feel. For Mariely, the foundation of her designs lay in the basics, which are always chic, with the right fabric, and forever classic. Visit www.marielyprattsdesigns.com or email prattsmariely@yahoo.com for more information.





6. These luxurious 100% Cashmere Ponchos from **Juice Collection** are the perfect accessory for every season! Whether for travelling, a day on the beach or a dinner party, these stunning ponchos can be worn for any occasion and will fit perfectly in your bag. Visit www.juicecollection.co.uk to see the full collection of colours or call 01531 632990 for more information.

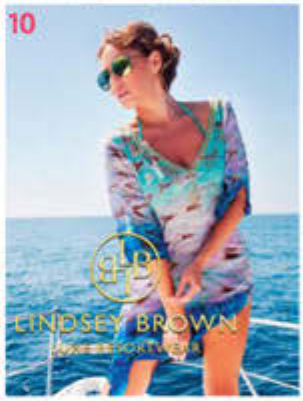


7. Comfy Clogs are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on 07815 750340 or 020 8780 9767 for a brochure. Visit them at www.comfyclogs.net



8. Neoma bespoke leather bags – Elegantly tailored using sumptuous tactile leathers. Designed with a passion for timeless sophistication. For more information, visit www.neomadesign.com email info@neomadesign.com or call 07813 914 005. Quote 'TATLER' for an exclusive 10% discount off your order. Expiry date 31/05/15.





9. The B Belt is a new fashion belt with a difference. It has a special feature of three hidden pockets inside, making it an essential when travelling. Available in a variety of colours. Visit them online at www.thebbelt.com or call +61 4265 888 41.

10. Buy Silk Kaftans from British designer **Lindsey Brown Luxe Resortwear.** With amazing fit and great quality each hand finished silk kaftan and dress truly is a work of art. Sizes XS–4XL. Order their New Indian Ocean Collection over the phone and Free Worldwide Shipping. Call 0116 2414627 or visit online at www.LindseyBrown.com

11. SoffiaB's limited edition luxury silk robe collections. The British designer produces her robes in New York's garment district, where the silk robes are hand-stitched and lined with sensuous cotton. Of the two collections, Daphne features a lining of ultra-soft brushed cotton and velvet accents, perfect for cooler climes. Delphine offers sea island sateen lining, as a lovely spring and summer alternative. SoffiaB ships to the UK and each robe comes beautifully wrapped. A choice of eleven elegant silk prints generously cut in XS, S, M and L. Combining the best of British bedroom expertise with New York's finest craftsmanship visit www.soffiab.com or email concierge@soffiab.com





12. Samia Kamar Luxury Handbags: The collection consists of evening Clutch Bags in hand-dyed exotic skins and laser cut leathers, made combining the finest materials and techniques from reputed artisans of Florence, Italy. Each piece is expertly hand crafted and has a distinctive, fashionable look. By appointment only. Visit www.samiakamar.com or email sales@samiakamar.com



13. Comfy Clogs. Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit www.comfyclogs.net or call Cecilia on 07815 750340 or 020 8780 9767 to find out more.



14. Blue Velvet is the home of contemporary and classic footwear direct from the heart of Europe. Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at 174 Kings Road, SW3 4UP or call 020 7376 7442. Buy online at www.bluevelvetshoes.com

To advertise contact 020 7499 9080 ext 3705

TATLER'S PARENTS' GUIDE...

Top trends for Tots!





1. SN2R create exceptional bespoke and themed children's parties. They add the WOW factor to your child's unique party. SN2R will take care of all aspects of the party. An SN2R party is not "just another children's party". Call SN2R on 01491 640990 or visit their website at www.sn2r.com

2. Snuggle Sacs are a fun and practical way for children to sleep, all year round. Ideal for sleepovers, long car journeys. Snuggle sacs offer fun and creative designs for both boys and girls, which are fully machine washable. Visit www.snugglesac.com and enter code Tat10 for a 10% discount, expires 01/04/15. or call 01603 881705.

3. Busy and the Boy features a handpicked selection of the most cutting edge clothing for kids. Dedicated to bringing together the very best contemporary brands and pieces, the aim is to meet the needs of parents and kids who like a bit of attitude in their outfits. The store offers a curated collection with an emphasis on both design and quality. Call 020 8428 5731 or visit www.busyandtheboy.com







4. JojoFun are one of the UK's leading children's entertainers, with over 80,000 children entertained in 8 years of top quality parties. From birthday parties through to corporate events, JoJoFun offers a variety of fun for all events, occasions and celebrations. For more information, contact 0774 319 6691 or visit www.jojofun.co.uk

5. Menthe et Grenadine. High-quality children's shoes made in Europe. Classic and nostalgic in style, MetG shoes are designed with the health of growing feet in mind and come in a lovely palette of colours. Their online boutique offers a clever online fitting service, 365 days exchange and free delivery! Visit www.menthe-et-grenadine.co.uk or email contact@menthe-et-grenadine.com for more information.

6. Bambini is an independent company specialising in the design and installation of modern children and teenage bedrooms. Bambini pride themselves on the bespoke, personal service to all customers. To find out more, visit www.bambinifurniture.co.uk or call 0161 375 1740.



7. The Dandy Kid is a lifestyle store for modern parents. They love happy kids with style. They source cool independent brands from around the globe, including clothes, gifts, toys and accessories for kids aged 0–8, (there's also some nice bits for grown-ups too!) Call 0845 860 6016 or visit www.thedandykid.com



8. Gigi Brooks is a luxury children's lifestyle brand encompassing furniture, interiors, gifts, clothing, accessories, a bespoke design service, and everything in between. Exclusive to the UK, our Prince & Princess Receiving Blankets (£69) offer the perfect royal welcome for your special new arrival. Visit www.gigibrooks.com or call 01507 608 251.

9. Blue Forest Luxury Tree Houses. Recapture the magic of childhood with Blue Forest, the world's leading tree house designers. Whether a treetop hideaway, eco-friendly lodge, fairy-tale castle or children's den, their team can work with you to fulfil your treetop aspirations. Visit **www.blueforest.com** or call 01892 750090.







10. Little Mashers produce clothing and giftware for kids 0–12 yrs. Their products are either Fairtrade or organic and hand screen printed in the UK. One of their most popular ranges is the 'CHALK + TEES'. This T-shirt has a chalkboard space where little ones can create their own designs using the chalks provided. It encourages kids to be creative by allowing them to draw their designs as often as they like as the picture can easily be wiped off with a damp cloth. 'Chalk + Tees' sets come packaged in printed, recycled Little Mashers boxes making them a great gift idea for friends and loved ones. For info go to www.littlemashers.com or call 020 8509 3334.

11. Micastricas offers 100% organic cotton baby bodysuits and kids t-shirts, which are hand printed using water based ink. Their playful collections for little adventurers are eco-friendly and present unique and limited edition clothes for babies and children that are created with love and care. For more information, visit www.micastricas.com or call +31633639935.





12. The Hundred Acres. Discover timeless toy making at its best in a charming listed building in Hampstead Village. Plush soft toys from Steiff, traditional French wooden toys, and carefully selected play and learn educational books and gift ideas. A touch of everything. Visit www.the100acres.co.uk or call 0207 794 2781 for more information.

13. Burlington Nannies is one of the top London Nanny Agencies, specialising in the introduction of professional Nannies, Governesses and Maternity Nurses to families in London and Overseas. Their success is down to the professional and personal service that they offer their clients and candidates. With a commitment to sourcing only the best professionals to assist in the care, development and education of children, contact Natasha on 020 7821 9911 or visit www.burlingtonnannies.com for more information



14. Playways. From bijou town gardens to stately country houses our designer playhouses and climbing frames are handmade to suit you, your children and your garden. Visit www.playhousesandclimbingframes.co.uk or call 01404 861379 to request a brochure and find out more.



15. Twizzle Parties offer amazing parties and events. With the children's entertainment coming first, Twizzle translate your dreams into a reality for your perfect party. They can create a bespoke party where nothing is impossible! Or they have a range of themes to offer you inspiration for your next big event. Visit their website at www.twizzle-parties.com or call them on 020 8392 0860.



16. Beibamboo offers timeless and season-less organic bamboo/cotton baby wear. Their designs have adjustable sizes giving them long usage, have minimal seams and all labels are on the outside of the garment. For more information on these award winning designs, visit www.beibamboo.com or enquire at info@beibamboo.com

16

TYING THE KNOT WITH TATLER...

Celebrate in Style!





1. Hedsor House is an undiscovered gem of a venue just moments from London. This secret hideaway is where the stars of the world like to party and one of the hottest venues today. Secluded in the privacy of its own beautiful 100 acre estate, Hedsor is the ultimate setting for spectacular events. Just 30 minutes from the West End, Hedsor is one venue not to be missed. Call 01628 819050, email info@hedsor.com or visit www.hedsor.com

2. Keythorpe Manor. Surrounded by the rolling hills of the beautiful South Leicestershire Countryside, Keythorpe Manor sits in the heart of England. The idyllic setting offers the pavilion Marquee and the Oak Barn, both suitable for your Wedding Ceremony and Reception or Wedding Breakfast and with panoramic countryside views in secluded and peaceful grounds. The Oak Barn is rustic and intimate, whilst the Marquee is contemporary and chic. Keythorpe Manor is a quintessential countryside venue.
Email info@keythorpemanor.com call 0116 259 8100 or visit www.keythorpemanor.com



3. Cornwell Manor is probably one of the most romantic places to get married in Southern England and the bliss is that you can have the whole house exclusively, sleeping up to 20 in the manor, making it perfect for large or more intimate weddings. Set in the beautiful Cotswold countryside, yet only 30 minutes from Oxford, The Cornwell Estate is a privately owned hamlet with it's own Norman Church in the grounds of the Manor and Italian style terraced gardens with waterfalls and a lake. For more information
visit www.cornwellmanor.com or contact charlotte@cornwellmanor.com



4. Loves-Lingerie. For a beautiful bedtime – luxury silk nightdresses, pyjamas and camisole sets. For a glamorous daytime – silk lingerie sets and slips. Designers: Diki, Jane Woolrich, Liliana Casanova and Sonata Lingerie. Visit www.loves-lingerie.co.uk and make your wish list.



5. Hanbury Manor is the ultimate romantic setting for your big day! Being the original London country retreat, Hanbury Manor is surrounded by 200 acres of picturesque Hertfordshire parkland and will be celebrating its 25th Anniversary in 2015. Their certified wedding planners will advise you on every element from etiquette to scheduling and decorative themes! Contact their wedding expert on 01920 487722 or email sales.hanburymanor@marriotthotels.com to start planning your dream day! Visit www.marriotthanburymanor.co.uk



6. Faith Jones Wedding Cakes has taken the wedding industry by storm with her cutting-edge approach, inspired by the latest haute couture fashion trends, textiles and mathematics. All commissions are unique and tailored to the client's wish list. Boasting a portfolio of international clientele, Faith Jones is highly sought after globally for her innovative concepts and exclusive cake flavours. Call 07737 072752 or visit www.faithjones.co.uk



7. Pepper's Marquees. Whatever you can imagine for your special function from an Egyptian theme, a traditional Ballroom setting or a transparent roof for that true Al fresco touch... Pepper's Marquees have it covered... beautifully! Call 01405 860249 or visit www.peppersmarquees.co.uk Photo courtesy of Neal Murray Photography and Castle Fraser.

8. Celebrate your wedding in London's foremost botanic garden, **Chelsea Physic Garden**, where each celebration is as unique as its changing seasons. A beautiful marquee on the lawns makes the ideal setting for your unforgettable day. Contact hire@chelseaphysicgarden.co.uk for more information or visit www.chelseaphysicgarden.co.uk/venue-hire/your-wedding-at-the-garden/

9. Hampton Court Palace. For centuries this magnificent palace dazzled audiences with lavish parties and gala celebrations hosted by powerful monarchs. Today, its timeless majesty will enchant and delight, as you celebrate your love among family and friends. Whether you are planning a spectacular wedding or a more intimate reception, Hampton Court Palace's inspirational venues guarantee you and your guests a stirring atmosphere – and a day you will always remember. For more information about hiring any of its magnificent venues for your wedding, call 020 3166 6507,
email hamptoncourtpalaceevents@hrp.org.uk or
visit www.hrp.org.uk/HireAVenue/weddings

10. Maunsel House, a magnificent 13th century Manor, is one of the most charismatic wedding venues in England. Exclusively yours for the occasion, whether for one day or a whole weekend. From the moment you arrive you will be encouraged to treat it like home, with friendly staff whose sole aim is to make you and your guests' experience truly wonderful. Whatever it takes to make your dream wedding come true, they will do it! Visit www.maunselhouse.co.uk or call 01278 661076 for more information.

11. Whether it's a grand palazzo, a hotel ballroom or beachside in Barbados, **Only Roses** turn weddings into enchanting moments. Using roses from their stunning range of over 250 colours and varieties, complemented by foliage and other flowers their florists will visualise your dream beautifully. Call 020 7379595, email london@only-roses.com or visit www.only-roses.com









TYING THE KNOT WITH TATLER

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1. Millbrook Beds. It's your best kept secret in the bedroom. Traditionally handmade in the UK for almost 70 years, Millbrook Beds are made to order using only the finest, locally-sourced, natural materials to offer the ultimate in sleep luxury.
www.millbrook-beds.co.uk
Email enquiry@millbrookbeds.co.uk
or call 0845 373 1111.

2. No stylish garden is complete without a lychgate of the most traditional design. **Nationwide Oak's** high-quality oak-framed structures are a unique investment and include outbuildings, oak frame garages, garden rooms, oak porches and other timber framed buildings. Pictured here is an English Oak lychgate, a centuries old traditional design with turned columns and unique hand-carved gallows brackets, which for just £3,400 can be brought to your own exquisite garden. For a hassle-free service, the manufacturing, installation and alterations are all included. For your very own piece of English heritage visit www.nat-oak.com and call 01384 877747 or 07973 273091.

3. Nancy Kempf's colourful paintings will engage and delight you. This painting depicts a quaint California beach alley which is directly behind the larger ocean front homes. The late afternoon sun highlighted the original beach architecture and created long shadows across the alley. "The Red Beach Truck" painting ($600 USD) is available at www.nancykempffineart.com or email nancykempfl@gmail.com

4. From Africa brings you traditional and modern home decor products from South Africa. Beautifully made, unique, tactile products handmade to the highest quality. From Africa uses only ethically sourced by-products. Featured is a porcupine quill and impala horn lamp. Indulge your wild side. Visit www.fromafricashop.co.uk or call 07928 819729.

5. Design Different. Attention quote and design lovers, here's a poster series that marries minimalism with inspiration and will look great on your wall. Visit www.designdifferent.ca to see the whole series of these humorous, inspiring and strikingly insightful posters.

6. Revival Beds have been handcrafting luxurious beds in their workshops since 1983. Every bed is handmade to order from the finest materials and comes with free delivery & installation, as well as a money back promise. Visit www.revivalbeds.co.uk or call 01777 869669.

7. Simply Chaise are the UK's leading Chaise Longue specialists, famous for great product at a snip of high street prices! They supply a wide variety of designs and fabrics to suit any home. Pictured here is their Balmoral in Purple Crushed Velvet, £169.99. For more information call their office on 01792 898836 or visit the website www.simplychaise.co.uk for a special Tatler discount.

8. Firelighting Without Fuss. The award winning Grenadier Electric Firelighter is guaranteed to light all types of solid fuels fast. No home with a traditional fire should be without this modern firelighter. Order yours today at www.grenadier.co.uk or call 01829 741649.

9. Must-Have Bins present a stunning collection of hard to find essential home accessories – baskets, tissues and jardinières, all hand made with exceptional attention to detail – they are just too good to hide. Call 0845 5280932 for their fabulous 2015 brochure or visit www.musthavebins.co.uk A bespoke service and international shipping is available.

10. AllÔRA – Italian artisan creations. Entirely handcrafted using the world-famous glass from the Murano island, Venice, these charming hand-blown tumblers bring a witty sense of fun to your table. By using the a lume technique, the artisan gives this beautiful collection of Italian glass a lighter, more refined feel in the hand. The sardine design is exclusive to AllÔRA. Visit www.allorashop.com or email info@allorashop.com for more information.

11. Eric Wiles Photography creative focus on Still life, and Fine Art reveal dynamic images of man made objects and natural beauty. One of Arttour International Magazines Top 60 Masters of Contemporary Artists 2013/2014, also recently nominated for Italy's Sandro Botticelli Artistic Prize. His work is a must see, International delivery available. Visit www.ew-photo.com eric-wiles.artistwebsites.com or call 001 (408)261-8812, or email ew@ew-photo.com

12. Jane Hamilton portrait and figure sculptor. Her sculptures have energy and pathos; when doing a portrait, whether young or old, she approaches her work with the sensitivity and truthfulness needed for a likeness. To see more of Jane's work, visit www.janehamilton-sculpture.com or call 01295 750636.

13. Rachel Leighton creates whimsical designs entwining nursery rhymes with loveable characters. She works primarily in sterling silver, hand carving her characters, and combines this with exotic woods to help bring her stories to life through silverware and jewellery.
Visit www.rachel-leightonjewellery.co.uk Email rachel.leightonjewellery@hotmail.co.uk

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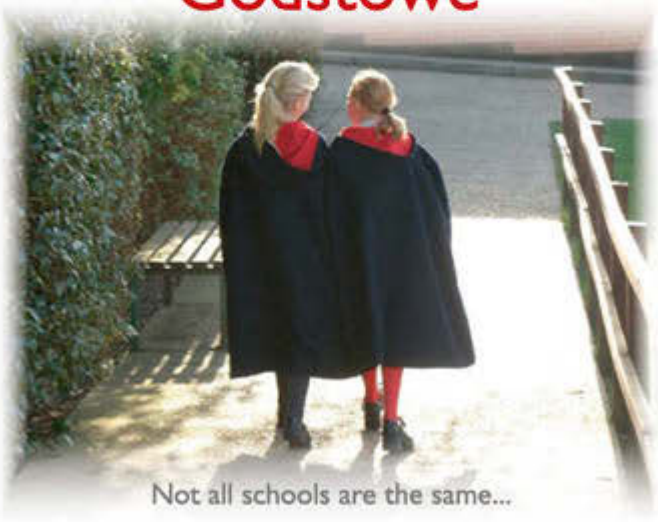
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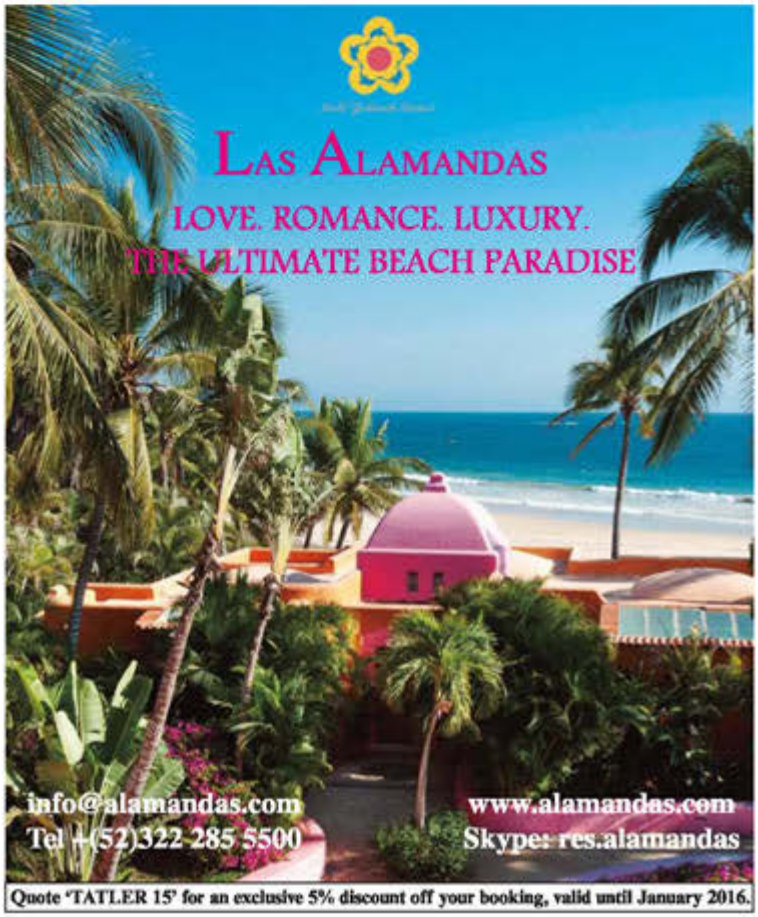
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CONTINUED FROM PAGE 139



Leland Hayward, who passionately fell in love with her. When his wife Nancy, known as 'Slim', learnt about the relationship, she tried to persuade him to limit his infatuation to an affair. 'Nobody marries Pam Churchill,' she said. But in May 1960 Hayward did just that.

Over the course of the next 11 years, Pamela worked her way through Hayward's fortune. 'In her closet there were diamonds floor to ceiling,' said Brooke Hayward, Leland's daughter from his earlier marriage to the actress Margaret Sullavan. 'I had friends over and they said, "Nobody lives like this, this is F Scott Fitzgerald, Brooke. Do you realise what this is costing?"' In 1962, Pamela and Leland bought a house in Westchester County with 55 acres of land, which they named Haywire. Pamela kept a small silver-framed pad by her side, in which she made notes about her guests' food and drinks preferences, a habit that she shared with the Duchess of Windsor. 'Yet she also looked after Leland,' said Bedell Smith. 'When I was researching the biography at the New York Public Library, I found a letter to a hotel in San Francisco listing all the foods that her husband needed in the refrigerator. He had a lot of ailments and only ate "white" foods.'

When Leland died in March 1971 following a stroke, 'there was not a nickel left', his daughter said. 'Pamela had spent it all.' After the reading of the will, Pamela took Brooke into her bedroom where she exploded. 'I thought she was going to have a heart attack,' said Brooke. 'She said, "I have been left with nothing."'

In September 1971, within six months of Hayward's death, Pamela, then 51, married her former lover, W Averell Harriman, a widower who was 79 at the time and worth an estimated £130m. 'She had been angling for the security of a large fortune since her girlhood,' says Bedell Smith. Pamela persuaded her new husband to buy a private plane and a beachfront house in Barbados designed by Oliver Messel. 'I remember one time I was there, and this was when she was still married to Averell, and she had Agnelli over for dinner,' says Nicky Haslam. 'She was very good at smoothing over any difficult situations. She had charm in buckets.'

From her house in Washington, its walls hung with paintings by Picasso, van Gogh and Matisse, she put her boundless charm to effective use by raising money for the Democrats. On Averell's death in 1986, Pamela was worth an estimated £75m, but a lengthy and costly legal case with Harriman's estate resulted in her being forced to sell a number of properties. 'Her Achilles heel was her extravagance,' says Bedell Smith. 'She was trying to keep pace with people who were billionaires. She engaged in all sorts of chicanery, signing documents she shouldn't have signed, and owed the estate £25m.'

The case haunted her throughout her time as American ambassador to France – a position given to her in June 1993 by Bill Clinton as a reward for her support in his bid for the presidency (she had become a US citizen in 1971) – and was eventually settled in December 1995. 'The lawsuit took an awful lot out of her,' Bedell Smith adds. 'Although she tried to claim that she was a victim, she had looted the piggy bank. She was also under a lot of stress in her job and was burning the candle at both ends. She was an incredibly hard-working ambassador, and although she had good taste, was terribly shrewd and very charming, she never had much of a sense of humour. But having that irony defect enabled her to be quite shameless. She didn't care what other people thought of her.'

On 3 February 1997, while still ambassador, Pamela arrived at the Ritz Paris for her daily swim. In the middle of her sequence of laps, she started to feel dizzy. She asked for the assistance of one of the attendants, but as she was walking towards a lounger she collapsed. Pamela had suffered a cerebral haemorrhage and, after being taken to the American Hospital at Neuilly-sur-Seine, she was placed on life support. A few moments after her death, on 5 February, President Jacques Chirac telephoned the hospital and told her son that France would award her the Légion d'honneur. When Winston telephoned Bill Clinton and told the president the news, Clinton informed him that he was going to send Air Force One to France to bring his mother back to America for a state funeral.

At the memorial service in Washington's National Cathedral, Clinton declared: 'Today I am here in no small measure because she was there' – words that echoed the sentiments of many of the important men in her life. 'When historians look back on the 20th century,' wrote one newspaper after her death, 'they'll find traces of Pamela Harriman's lipstick all over it.' □

THIS IS THE PAGE YOU'RE LOOKING FOR
CONTINUED FROM PAGE 117



his taxed humanity. It is a pity there was no one looking for it.'

It can be argued that there was. Jamie moved back to the Blenheim estate in 2008 and devoted himself to estate duties and the polo team. He won the affection and support of Sunny's fourth wife, Lily Mahtani. With her encouragement, the late duke performed a volte-face and made it clear, on TV, that Jamie was not only to inherit the title but also to have control of Blenheim – insofar as the trustees let him do so. There had, in Patrick Forbes's film, been glimpses of a combative Jamie, shrugging off the possibility of sharing responsibilities with his half-brother. 'What's my brother got to do with it?' he said, testily. 'You can't have a multifaceted company with two chairmen.' As for the Environment Agency, they were 'swaggering around', making the estate spend unnecessary money. But when Forbes wondered if Jamie had spoken to his father about giving money to the polo team, he waggishly replied: 'Charity doesn't start at home.' The charm was on view, too, winning over two visitors who reported a suspicious bag by a gate. People on the estate liked him, Forbes told me, and were protective of him: 'He's an errant sheep, but he's their errant sheep.'

And now he's their duke. To John Bird, Jamie is, in retrospect, 'a Prince Hal figure who, on assuming the title, will become a new man. Because once weight for others than yourself passes onto your shoulders, you become different. I speak from experience.'

How prepared is he? AA Gill recalls 'doing a charity clay-pigeon shoot with him – he's a good shot, despite everything. Jamie won the shoot and got given the cup and had to say something. So he stood there, oyster-eyed, tongue-tied, antediluvian and went, "I won... er," mumble mumble, "er er, I won, er... never won anything before in my life." And I said, "Come on, Jamie, you're going to be the Duke of Marlborough." And he went, "Gosh. There is that, I suppose."'

There is that, indeed, and a big task it is. So what, I asked one high-born grandee, is the view from White's bar?

'Optimism,' he said. 'Cautious optimism.' □

CARIBBEAN COOL

Claire Pilton soaks up the sun in style



VALLEY TRUNK

Those who would test drive the delights of the British Virgin Islands should make tracks to Virgin Gorda where a 19-acre estate with extensive beach frontage is available to rent. Diane Wildenstein of the horse racing and American art-dealer dynasty is opening up the family retreat (her grandfather bought the land 35 years ago) in order to keep it fresh and the loyal team of 24 staff on the ball and busy. At Valley Trunk, your every wish is general manager Chris Tilling's command; a 68-foot boat, diving and yoga instructors, spa therapists, a tennis coach and two-star Michelin chef are all to hand. You can dine by the swimming pool or in the Bali house that was imported and reconstructed by Balinese craftsmen; both overlook the most beautiful beach which is naturally secluded by curvaceous volcanic boulders. Valley Trunk accommodates up to 24 guests (although 16 is probably optimum) to the tune of $120,000 a week. If you want to stay on, there is a teeny-weeny chance that Wildenstein may sell, albeit for a price. *www.valleytrunk.com*





ALBANY

In the Bahamas, London-based global developer and designer Finchatton (020-7349 1130) is creating a predictably sensational apartment at Albany. Located five miles from Nassau International Airport on New Providence Island, prices at the 600-acre, ocean-fronting resort range from $1,500 to $3,000 per square foot. Albany sports an 18-hole championship golf course, a marina for mega yachts, tennis courts, a health spa and fitness centre, restaurants and, ultimately, some 350 residences. At 8,000 square foot, the spacious Finchatton apartment has completion scheduled for May. Situated on the fifth floor with a 3,400 square foot wrap-around terrace, this six-bedroom apartment will have views over the ocean, marina and entire resort. www.albanybahamas.com



SETTLERS BARBADOS

A few miles down the Platinum Coast, the O'Hara and Capaldi families who own Coral Reef Club and the Sandpiper are starting work on aptly named Settlers Barbados. Occupying the site of the island's first inhabitants, just a short walk from Holetown, the scheme's 12 private beachfront villas will have three to five bedrooms and a swimming pool apiece. For sale freehold, together with a share of all common areas, they are set in three acres of gardens with a 118-foot pool, gym and reception building with concierge. Owners will have tennis-court access at the adjacent Sandpiper and privileges at the Coral Reef Club Spa a few hundred yards away. Designed by Bajan architects Gillespie & Steel with interiors by London-based Helen Green Design, prices range from $1,375 to $1,800 per square foot. *www.settlersbarbados.com*

ONE SANDY LANE

'Rentals are as hot as ever at One Sandy Lane. The development was full over Christmas and New Year when rents, inclusive of staff, were $25,000 a night,' reports Jo Leverett of Cluttons (020-7647 7243). According to the American press, Rihanna purchased one of the eight 'palatial residences' 18 months ago for $21,800,000 after renting it the previous Christmas. Developer and businessman Michael Tabor – who is also a partner in the nearby Sandy Lane Hotel – must be hoping that the same thing happens this year. Feted as one of the most exclusive addresses in the world when it completed in 2011, there are six remaining residences at this opulent ocean-front complex. Offering 8,147–9,675 square foot of five-bedroom, lateral accommodation, they have been reduced from $26,000,000 to $19,000,000. Benefiting from 24-hour concierge, secure parking, private dining, a swimming pool, Jacuzzi, gym and massage room, the want-for-nothing service extends to uniformed attendants on the beach below. *www.cluttons.com*

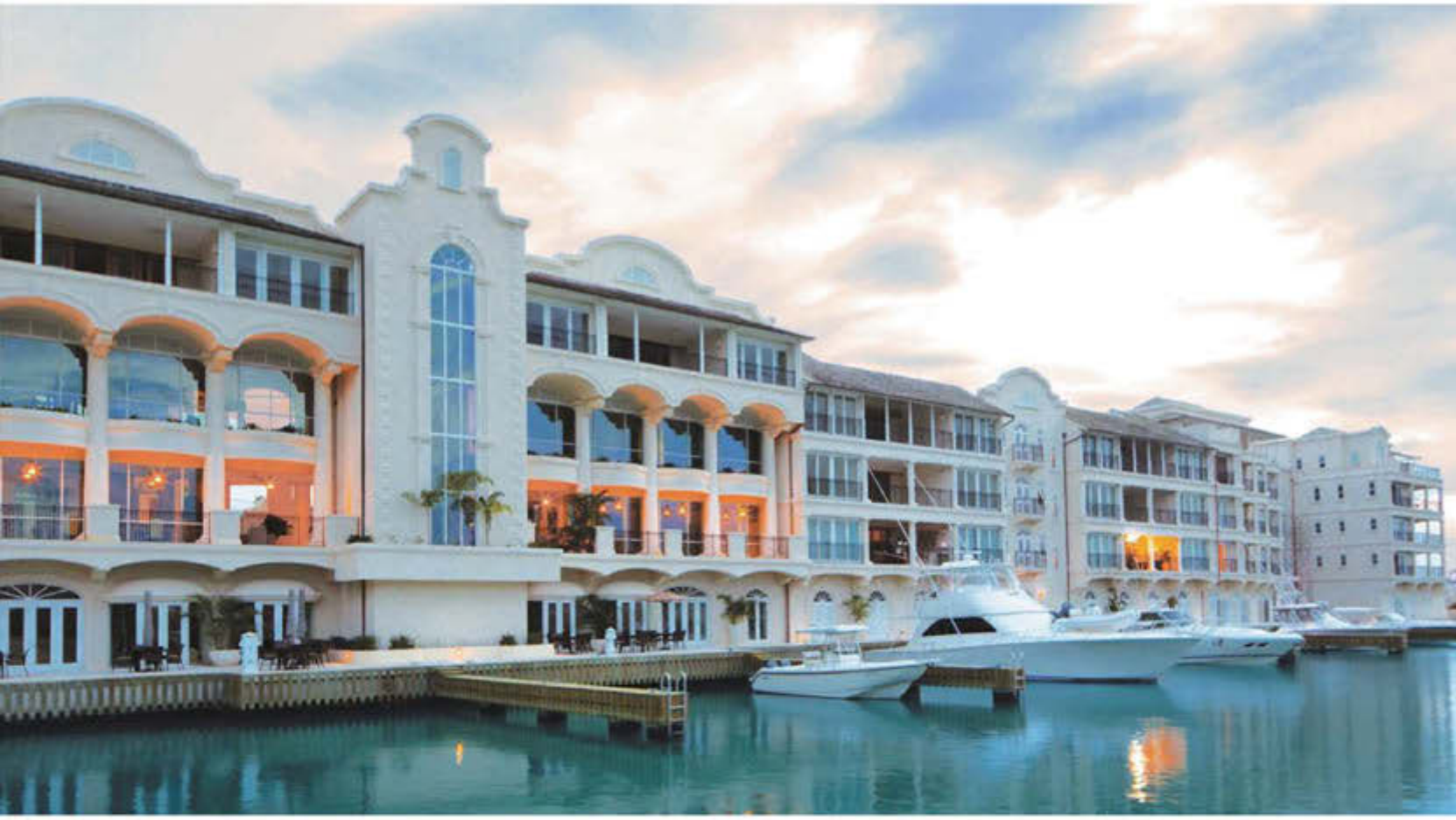


PINK SANDS

Over on Harbour Island, 18 private residences are to be built in the 27-acre grounds of the island's first hotel, Pink Sands. Each of the initial three ocean-front plots and seven garden plots have ocean views and direct access to the resort's three-mile beach and famous Blue Bar; Sip Sip, Dunmore Town's fabled watering hole, is just a stroll away. The properties will be designed in the traditional British Colonial style by COAST (known for its work at Parrot Cay and Amanyara on Turks and Caicos), which will also oversee the hotel's refurbishment. Pink Sands opened in 1951 (seven years before Lord Glenconner acquired Mustique) and established itself as the epitome of understated Caribbean cool. Its sensitive revival, the introduction of a world-class spa and private homes on one of the most exclusive beaches in the world reaffirms its iconic status as an elite resort community. Those who would join it should contact Savills Private Office (020-7016 3740), which is quoting 'villa and plot' prices from $3,850,000 to $8,000,000.



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INSIDE TRACK *by Catriona Gray*

Vive la Riviera

Glamorous holidaymakers have always been drawn to the Cote d'Azur, both for its enviable climate and its unique atmosphere. Located just a few kilometres from the Italian border, along a broad sweep of the Mediterranean, the Cote d'Azur has attracted more than its fair share of famous residents, from Pablo Picasso to Brigitte Bardot. With Nice airport providing direct flights from all over Europe, it's an easy location to get to, and a popular spot for a second home. Those in the know often turn to property consultant Malcolm Bruce-Jones. With over 30 years' experience, Malcolm is well-versed in the Cote d'Azur property market – which has recently picked up after a three-year spell in the doldrums – and has an insider's view of the region, from Cap Ferrat to Saint Tropez. Whether you're after a luxurious apartment in Saint Tropez or a remote country villa, Malcolm can help you navigate the tricky process of buying a property in France. Pictured is a recently renovated, traditional-style property, located in the heart of the countryside, yet only 25 minutes from Cannes.





This 650-square-metre property is spacious enough to accommodate a generous number of guests as well as being an ideal family residence, with nine bedrooms and bathrooms, a guest house, a 15-metre pool, and some pretty specular views.
For more information on this house, or on buying property in Cote d'Azur, call 00-33-493 770 830 or visit www.bruce-international.com

Treasure island

In the middle of the Caribbean, off the sun-drenched coast of Antigua, lies Jumby Bay; a 300-acre tropical island first discovered by Christopher Columbus in 1493. The island's remote location, sandy white beaches and verdant landscape have captivated visitors ever since, and this idyllic setting has evolved into one of the most exclusive destinations in the Caribbean. Jumby Bay is home to just 56 private residences and a 40-room luxury resort, run by the American company Rosewood. There are also opportunities to buy a property on the island and many of the privately owned villas and estate homes are available for holiday rental – the latter come fully staffed and sleep up to 16. Each of these houses has full access to the resort's many facilities, which include a spa, infinity pool and a fully equipped gym. With three restaurants and four bars, there is no shortage of dining options either, from gourmet cuisine in the ivy-clad, colonial-style Estate House to the laid-back atmosphere of the Beach Bar. Few resorts in the Caribbean remain as tranquil as Jumby Bay: reachable only by boat, with no cars in sight, this secluded island retreat is truly a paradise.
For further information on Jumby Bay, telephone David Vaughan at 00-1-26 84 62 60 00, email david@jumbybayisland.com or visit www.jumbybayisland.com









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Update

MARCH DIARY

From garden design to new properties in and near London, Catriona Gray takes note



GREEN by DESIGN



Few garden designers can claim as interesting a career progression as Donald Ingam. In 2003, he left his job as a magazine art director to study garden design. His attention to detail and clear aesthetic vision, honed by his years of magazine experience, have made him much in demand as a garden designer, and he now works on projects in London and the south-east, giving many an urban plot a new lease of life. Donald's company Outer Space Garden Design may have a celestial name but it's extremely down-to-earth – the consultancy works collaboratively with clients to produce an outside space which is visually captivating, but also practical and sustainable. Every design is tailored to the individual, and Donald is adept at coming up with clever ways of creating a scheme that works with the client's lifestyle. With past projects ranging from small courtyards and roof terraces to full-scale rural landscaping, the company can deliver a full range of services, from developing a concept and producing drawings, to construction management, sustainable planting and garden styling.

For more information, call 020-8543 0639 or visit www.outerspace-gardendesign.co.uk

LONDON CALLING

From vibrant Borough Market to the cultural hub of the South Bank, the SE1 postcode encompasses some of London's most treasured attractions. This year sees the launch of three high-profile new developments by Crest Nicholson in this lively area. Launching first is Brandon House, located opposite Borough Tube station – this former office space will be transformed into 77 new homes comprising a mix of apartments and town houses. Next up is Valentine Place, located five minutes from Southwark and Waterloo stations, which will consist of 42 homes, from one-bedroom apartments to three-bedroom town houses, surrounding a communal landscaped garden. Last to be released, in early 2016, will be Snowsfields Yard. Located close to the Shard, this development will consist of just 28 one-, two- and three-bedroom apartments. Crest Nicholson has built a reputation for its sustainable designs that are built to last, and these three projects are no exception.

To register interest in the SE1 portfolio, visit www.crestnicholson.com or telephone 020-3640 7577







Perfectly planned

If you're seeking a spacious family home within easy commuting distance to London, then take a look at these two new properties by award-winning developer Newcourt Residential. The quiet enclave of Mayfield Road backs on to the River Wey, and is less than a mile from Weybridge station, which provides direct access into central London. With over 650 square metres of accommodation, these six-bedroom houses are designed for family living. Weston House (pictured) also has a library and its own boat house, making it the perfect home for any budding sailors. And the best bit? Both houses come with access to a private island: an added bonus to these stylish properties.

To find out more about Alderbrook House (£3,995,000) or Weston House (£4,250,000), contact Newcourt Residential (020-7205 2632; www.newcourt.co.uk)



Computer-generated image is indicative only. *Prices correct at time of going to press.

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RIPE FOR DEVELOPMENT

Claire Pilton looks at new schemes in historical and, until recently, traditionally non-residential parts of town



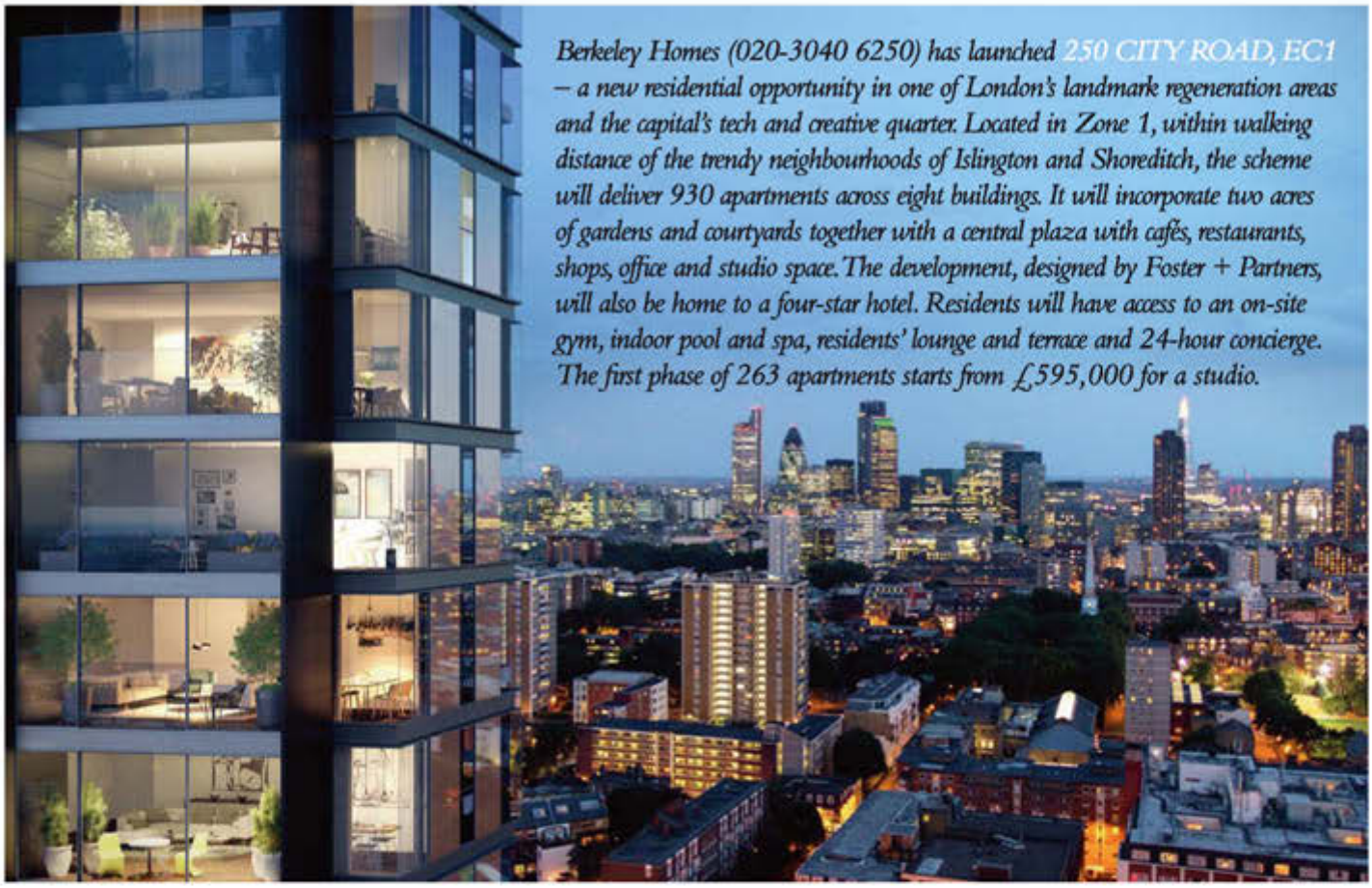
Two years before St Edward completes **190 STRAND, WC2**, over 65 per cent of the 206 apartments have been sold, including two of six penthouses. 'Existing Berkeley Group homeowners account for 25 per cent of purchasers,' says St Edward executive chairman Paul Vallone. 'Many buyers are British and typically in their mid fifties. They like the facilities this development offers. They also want to be on top of everything in London.' 190 Strand (020-7118 9190) is on the doorstep of both the West End and the South Bank in an historic area that is famous for its restaurants, theatres, galleries and museums, but which is only now emerging as something of a residential swan. Inspired by The Savoy's grandeur and the gothic Royal Courts of Justice, St Edward's £500 million mixed-use scheme will comprise 'a community in its own right' with shops and a restaurant in the ground-floor colonnade, a landscaped square, a private cinema, gym, swimming pool, spa facilities, business lounge and an impressive lobby with a hotel-style, 24-hour concierge. Prices currently start from £1,225,000 for a 560-square-foot, one-bedroom apartment penthouse.



'City Living' schemes for sale through Hurford Salvi Carr (020-7250 4950) include **21 JOHN STREET, WC1**. Constructed in 1938 as a then revolutionary multi-use development, this Grade II-listed, art-deco style building has been converted into eight apartments on the second to seventh floors. With three sold, prices range from £1.5 million for a 972-square-foot, two-bedroom apartment to £2.5 million for its 1,337-square-foot counterpart that comes with a 143-square-foot-terrace and great views across London. Located in the cultural hub of Bloomsbury, close to some of London's finest academic and artistic institutions, 21 John Street is half a mile from Russell Square, Holborn and Chancery Lane tube stations, with national connections provided at nearby King's Cross Station and Eurostar connections at St Pancras.

The residential rebirth of Riverside Studios at Hammersmith sees Mount Anvil and Fabrica developing a terrific scheme that really does tick all the boxes. Sporting over 100 metres of river frontage, QUEEN'S WHARF, W6, occupies an extraordinarily peaceful spot that is still within a five-minute stroll of Hammersmith underground station. Facilities will include a roof terrace, a private cinema, 24-hour concierge and secure parking. 'Queen's Wharf appeals right across the spectrum,' says Mark Collins of CBRE (020-7182 2477) who reports that within just two weeks of the old studios closing, 30 per cent of the 165 flats had been snapped up off-plan. Prices start from £560,000 for a 421-square-foot studio. First completions are scheduled for 2017.





Berkeley Homes (020-3040 6250) has launched 250 CITY ROAD, EC1 – a new residential opportunity in one of London's landmark regeneration areas and the capital's tech and creative quarter. Located in Zone 1, within walking distance of the trendy neighbourhoods of Islington and Shoreditch, the scheme will deliver 930 apartments across eight buildings. It will incorporate two acres of gardens and courtyards together with a central plaza with cafés, restaurants, shops, office and studio space. The development, designed by Foster + Partners, will also be home to a four-star hotel. Residents will have access to an on-site gym, indoor pool and spa, residents' lounge and terrace and 24-hour concierge. The first phase of 263 apartments starts from £595,000 for a studio.

Within two months of launching the pre-sales marketing campaign at **RATHBONE SQUARE, W1**, 125 of the 142 apartments had been snapped up to the tune of £207,200,000, at prices ranging from £1,548 per square foot to £2,624 per square foot. Joint agents JLL and Savills (020-7580 1100) are now selling nine penthouses on the eighth floor which start from £4,475,000 for a 1,685 square foot, two-bedroom apartment with a 627-square-foot terrace. Great Portland Estates, which purchased the site for £120,000,000 from the Royal Mail Group in 2011, appointed award-winning architects Make to create what Ken Shuttleworth describes as, 'an inviting and special development that complements the surrounding area.' The scheme is scheduled for completion in early 2017, a year before Crossrail's arrival at nearby Tottenham Court Road station.



Prices start from £5 million at **TEN TRINITY SQUARE, EC3**, where the Reignwood Group is redeveloping the Grade II*-listed Port of London Authority's former headquarters into a 100-room hotel and 'The Residences at Four Seasons'. Spanning 1,350 square feet to 9,078 square feet with one to five bedrooms, the 41 private apartments have views of the Tower of London to the Thames and Tower Bridge. Residence owners will have the use of the hotel's spa and fitness centre, gourmet restaurants and a private members club that includes a screening room, cigar lounge, and the original panelled ballroom that hosted the inaugural United Nations assembly in 1946. Best of all, you can enjoy the Four Seasons' five star service 'on tap' in your own apartment. For more information, contact Strutt & Parker (020-7318 5198).



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Drawing of St Dunstan-in-the-West by SPAB Scholar Ptolomy Dean

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The Sunday Times heralded Lawson Robb as one of "10 of the top trendsetters"



Polly Halstead, London and St Tropez based representative of Hutchinson Bell, talks about the market and their new partnership with Lawson Robb, the London based world class interior architecture and design studio.

Why Lawson Robb?

Like us, they are passionate about client service and commitment to excellence. They are well-established with projects spanning across the globe. We believe in setting standards and benchmarks in our industry and Lawson Robb have a proven track record as trendsetters and leaders in their field, therefore it is an obvious partnership.

Many of our clients look to us for advice and direction in all areas of property and we are now delighted to be able to offer the services of Lawson Robb, knowing that they will deliver meticulous attention to detail and the pioneering design that allows these properties to stand the test of time.

What makes Lawson Robb different?

They move with the times and set the pace that others aspire to imitate. We feel that they can offer our clients exactly the type of innovation and imagination that they require, embracing individuality to create a treasured experience.

They have an in depth understanding of the diverse international market and culture, local knowledge and have worked on super yacht design, so are a perfect match for our buyers.

What does 2015 hold for the market?

St Tropez is waking up from a 6 year slumber and we now see developers and owner-occupiers re-entering the market and looking for interesting projects. At Hutchinson Bell, we have properties for all budgets and tastes on our books – we can find properties to suit all buyers and now, with our new partnership with Lawson Robb, we can offer them a full development and interior design service.

What advice are you giving to international buyers and investors now?

Very simply that there has never been a better time to buy. Prices are down from the peak but are now showing signs of firming up again.

The French Riviera is a well-established market and has proven to be a very sound area for property investment over the decades.



We are fortunate at Hutchinson Bell to be working with professionals in structuring and international banking, who have been able to deliver clients excellent advice to maximize the benefits of property ownership here. There are many ways to structure ownership and opportunities exist to take advantage of France's diminishing Capital Gains Tax on property (relief starts at year 7 of ownership and after 22 years the property becomes CGT free).



We have some wonderful 'ready to occupy' properties as well as some excellent development opportunities and we are delighted to have become partners with Lawson Robb as this completes the full range of services that we can offer our clients.

Finance aside, as we all know, the Riviera offers a superb quality of life, with a mix of international glamour, beautiful medieval villages and hill towns, a great climate, beautiful beaches, not to mention great food and wine. All the things that have helped make the Riviera what it is today - a 'destination' for the international community.

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What's it like to be...
SNOWY, MICHAEL GOVE & SARAH VINE'S BICHON FRISE



My earliest memories are traumatic – I was snatched from my mother's teat and lived in a squalid flat until I was rescued by a bossy lady who was seduced by my natural charm. She brought me home and life has been pretty peachy ever since. I get to chew expensive shoes, feast on Stilton and sushi, and sleep in a comfy bed between my mistress and my master. On weekends, I enjoy rolling in fox poo on Wormwood Scrubs and when I get home, my mistress gets the Tangle Teezer out to restore my coat to fluffy magnificence. It's obvious why I am called Snowy, but I am mystified by my nickname, 'Fat Sheep'. I am a bit of a ladies' man, but my wife, Lola Osborne, is very understanding. It was a political union. She's top-drawer. And she didn't mind in the least when I lifted my leg at Dorneywood. Together we are unstoppable. There have been disappointments, especially when I came second in the Westminster Dog of the Year competition. Rob Flello's German Shepherd was the diplomatic choice, but still... I show my gratitude in several ways, including helping out with the dishes by licking them before they go into the dishwasher and burying bones under my mistress's pillow. I can tell she thinks this is charming because she jumps up and down and points whenever she finds them. ***Deborah Feldman***

**While Snowy played with his bouncy rubber balls, Sarah Vine revealed what it's like to live with a top dog.*

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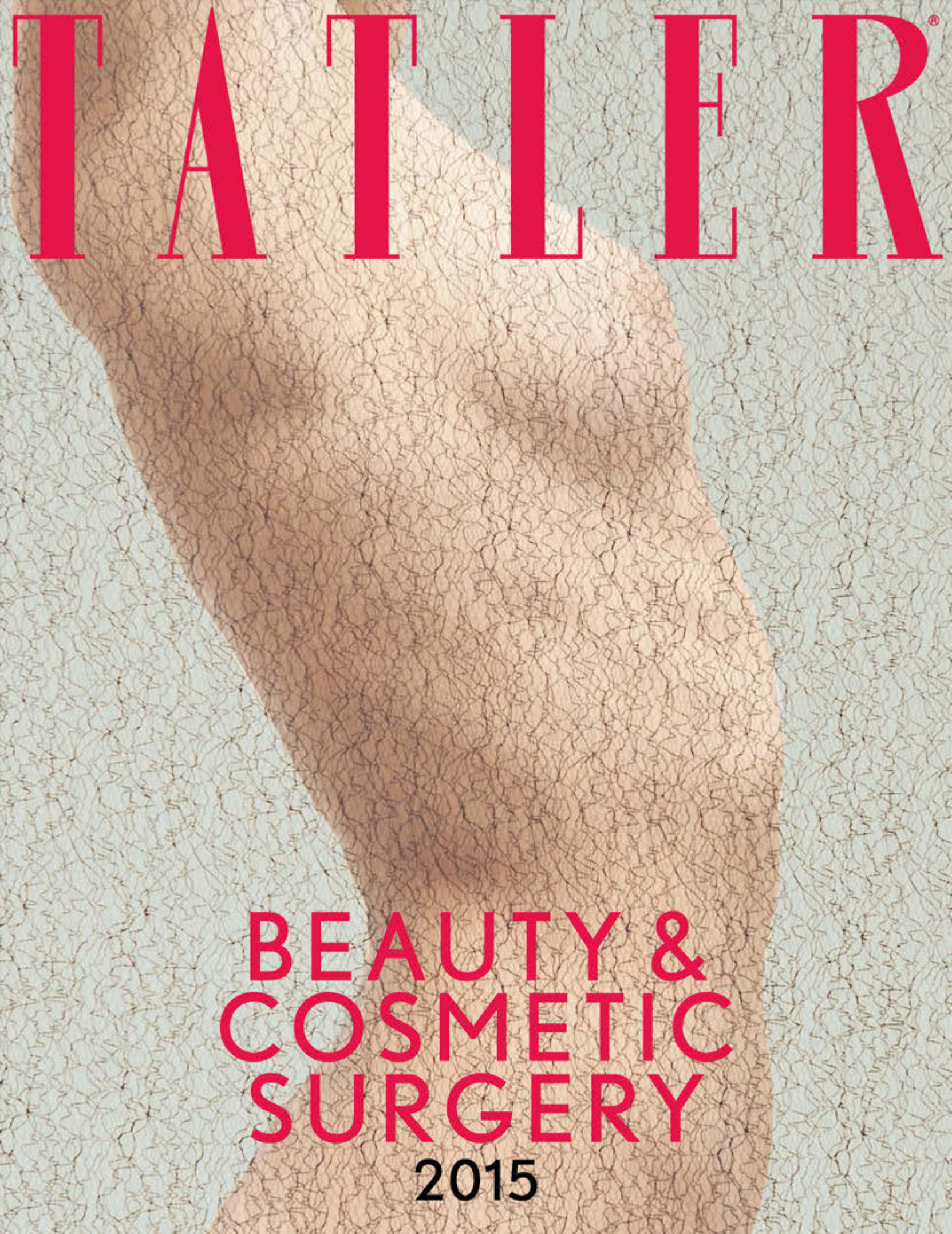
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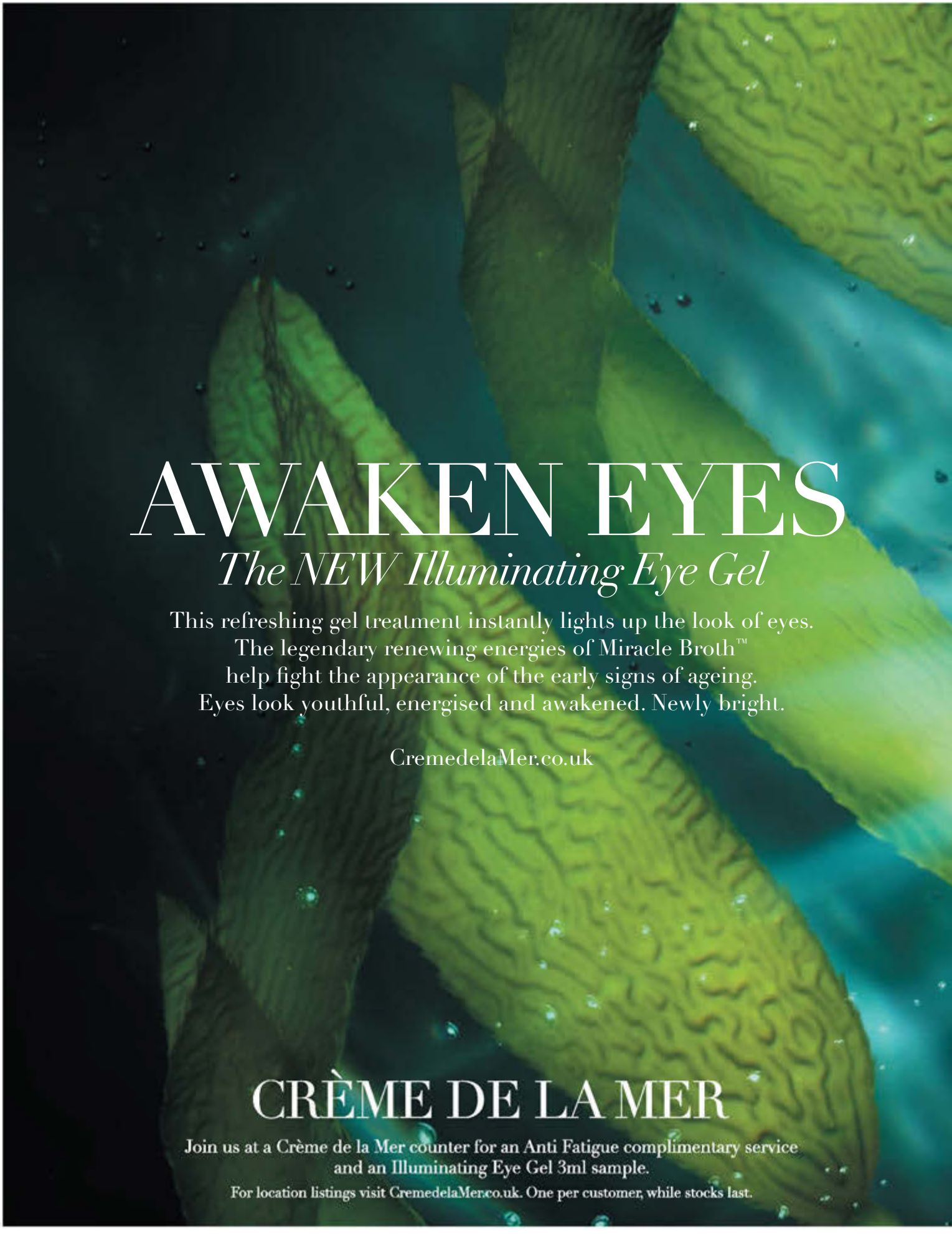

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BEAUTY & COSMETIC SURGERY

2015


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TATLER®

BEAUTY & COSMETIC SURGERY GUIDE 2015



The average woman looks at herself in the mirror at least eight times a day. We do it for many reasons: to check our make-up is still in place, to wonder at the development of a spot, but mostly for a sense of reassurance. Yes, that is me. And then, one day, a gap appears. It is the gap between how we think we look – our internal image of ourselves – and the reality. It is terrifying, and every time we look in the mirror we are fearful that the gap has widened. But it doesn't have to. That is the point of good cosmetic work: not to make someone look radically different, but to make us look the way we feel we ought to look. It can be done – if you have the right procedures, the right products, the right practitioner. And, as the science advances (faster than we are ageing), there are more and more ways of reducing the gap. Which is why the *Tatler Beauty & Cosmetic Surgery Guide* is ever evolving. At its heart is still the all-important top doctors list – as always, we recommend that you choose someone registered with BAAPS, the British Association of Aesthetic Plastic Surgeons (baaps.org.uk). But we've also pulled together the most innovative, cutting-edge treatments, from lasers to acupuncture, to make you look – and feel – like yourself again. You might, just *might*, find yourself glancing in the mirror more often.

Francesca White

BEAUTY & COSMETIC SURGERY GUIDE EDITOR

CONTENTS

4 KNOCKING THE SPOTS OFF
Anti-ageing potions

9 DOUBLE BUFF
Perky face or hot bod? Turns out you CAN have both

11 FINAL COUNTDOWN
Surgery planner

16 NEW TRICKS
No more Mr Knife Guy

24 ABRACADABRA!
Make-up-bag magic

28 NATURAL BEAUTIES
The ladies in the know

36 TAKE IT LIKE A MAN
Botox (and more) for the boys

40 SMOOTH OPERATORS
The best in the business – *Tatler*'s bumper list of top cosmetic docs and surgeons

54 IT LIST
Yes, please!

56 FANCY SEEING YOU HERE!
How to handle those unexpected waiting-room encounters

ALL COSMETIC SURGERY PRICES INCLUDE HOSPITAL STAY AND ANAESTHETIC

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KNOCKING

If your skin is looking tired and past its best, don't throw in the towel...

WARM UP

JAN MARINI

Cleansing Gel, £44
Packed full of anti-ageing vitamin C, which fights free radicals, dark spots and inflammation. Bravo.

STOP ...THE WRINKLES BEFORE THEY START

Cleanser, £20
Purges pores of daily grime while improving hydration. Like a spring clean for skin.







VMV HYPOALLERGENICS

Illuminants+ Treatment Toner, £54.50
Helps to lighten and brighten the complexion. Crystal-clear skin awaits!



CLARINS

UV Plus Anti-Pollution Day Screen SPF 50, £32
Introduce this daily SPF to your skincare routine *now*: it's the ultimate for blocking wrinkle-inducing rays.



MEDIK8

Redness Corrector, £59
This hard-working cream not only treats underlying redness, it also prevents future flare-ups. Clever clogs.

CREME DE LA MER

Illuminating Eye Gel, £100
Hello, sleepy, stressed-out eyes. Meet your worst enemy.







LIQUILIFT

Bioactive Facelift, £90
Imagine a mask that could tighten, lift and reduce the signs of wrinkles – all in 40 minutes. Well, now you don't have to.

GOLDFADEN MD

Doctor's Scrub Advanced Ruby Exfoliator, £85
Rubies aren't just for your 40th wedding anniversary – they're darn good at buffing skin to a silky finish.

STILL-LIFES: JODY TODD

THE SPOTS OFF

you just need these skincare heavyweights in your armoury. By Katie Thomas

THE BIG FIGHT

GUERLAIN

Abeille Royale Daily Repair Serum, £90
This is the Holy Grail of serums – a golden liquid, harvested from black-bee honey, that smoothes and firms.

KIEHL'S

Precision Lifting & Pore-Tightening Concentrate, £45
A total giveaway of being over the hill is sagging skin and enlarged pores. This little multitasker tackles both. Phew!

DIOR

Capture Totale Le Sérum, £114
This life-giving serum acts like an inflatable mattress pump – lending skin some much-needed bounce.

BOTANIFIQUE

Hydra Power Wrinkle Filler, £54
You'll feel like a glorified grouter, filling in lines with this handy unction with an even handier nozzle.

ESTEE LAUDER

Re-Nutriv Ultimate Diamond Sculpting Refinishing Dual Infusion, £255
Two tonics to double your chances of perfect skin. Properly pricey; reassuringly effective.

ENVIRON INTENSIVE

Revival Masque, £50
The smartest mask in town, with a trio of alpha hydroxy acids.

LANCOME

Absolue Nourishing Luminous Oil, £140
Smells divine and makes skin look radiant. That's what we all want, right?

VICHY

Neovadiol Magistral Elixir, £30
Menopausal women, rejoice! This potion will help to restore a youthful glow. ▷

GO THE DISTANCE



LA ROCHE-POSAY

Pigmentclar Eyes Dark Circle Skin-Evening Corrector, £24.50
Takes down dark shading. Be gone, horrid under-eye bags.

SENSAI

Cellular Performance Extra Intensive Cream, £245
A punchy moisturiser to firm skin that's completely given up.

PHILOSOPHY

No Reason to Hide Instant Skin-Tone Perfecting Moisturizer, £28
Perfecting by name, perfecting by reputation. And that sheer tint leaves you with the blankest of canvases.

SISLEY

Intensive Dark Spot Corrector, £92
Greetings natty roll-on applicator, you powerful little thing. Look at you showing off at how wonderfully you can get rid of sun damage, age spots and blemishes.

REVIVE

Skin Tone Serum, £200
You can't turn back time and pretend you didn't sunbathe, but a dab of this serum will help get rid of the evidence.

CODAGE

Moisturizing Mask, £42
Think of a refreshing glass of water after a long day's trek in the desert. That's what this is for your face.

CHANEL

Hydra Beauty Micro Sérum, £66
See those microdroplets? They're stuffed with camellia oil and saturate skin with marvellous moisture.

LA PRAIRIE

Ice Crystal Eye Cream, £160
Quite possibly the niftiest eye cream out there. Works against everything from crow's feet to droopy lids.

FINAL BELL

AMELIORATE

Skin Smoothing Shower Cream, £15
You know those annoying little bumps you get on the back of your arms? Be annoyed no more.

AVEDA

Hand Relief Night Renewal Serum, £25
Before you set your alarm and pop on your eye mask, slather this over your mitts. Even hands need looking after.

ANNE SEMONIN

Firming Body Serum, £49
Use regularly for taut skin all over. And expect compliments next time you're in the nuddy.

RADICAL

Hand and Nail Multi-Repair, £42
This cream fights dark spots, strengthens your nails and has an antiperspirant. Sweaty hands, applaud.

NEOSTRATA

Skin Active Triple Firming Neck Cream, £45
Never stop at the face. Your neck needs help too, and this little beauty does just that.

PHYTO

Phytostim Fortifying Spray, £36.50
Your hair can't escape the ageing process – so spritz this onto roots to bring life back to lazy follicles.

DR SEBAGH

Instant V Lift, £150
Nothing says 'hot young thing' like a tight jawline. And nothing does it better than this.

LANCER

The Method: Body Nourish, £48
Slap this on daily and the next time you're at the beach you might be taken for a 25-year-old.

“I have never been able to confidently wear a bikini before, so couldn’t wait to show off my new figure”

Kate x

Breast enlargement patient

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Double buff

Is it true that over 35 you have to choose – face or figure? Gavanndra Hodge sets out to have it all

Having children is wonderful, glorious, life-affirming. But it also does terrible things to a woman.

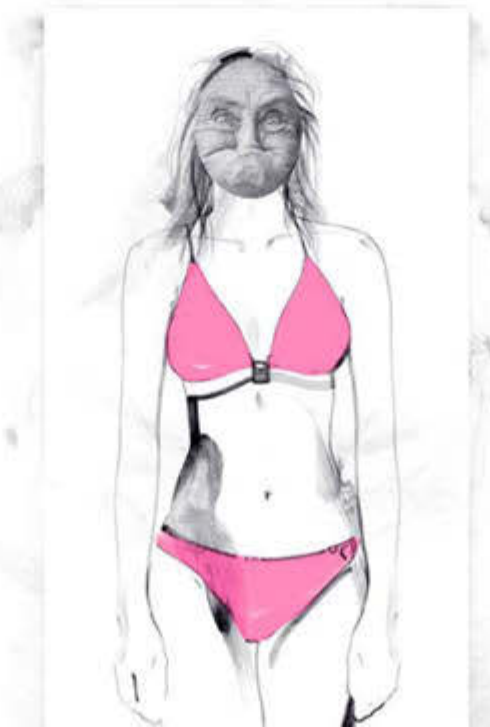
I liked the way I looked when I was 33. Everything just seemed to do what it needed to do without too much intervention from me. And then I had two children. Lovely little girls, now three and six. I put on weight, which didn't get magically transmuted into milk and siphoned out of my breasts, but remained stubbornly attached to my body. Perhaps this was because I developed quite an intense Lindt ball habit. A friend once sent me a huge Jiffy bag of them and I discovered a special kind of mad happiness as I plunged my hand into the roiling mass of foil-wrapped chocolates. So it wasn't really surprising that I was still wearing maternity gear one year on from having my second child. Six months later, I worried that I would be two stone heavier than I ought to be for the rest of my life; one of those people who laughed weakly about still not having lost the baby weight as their children headed off to university. Something had to be done.

I embarked on an intense weight-loss programme called **Metabolic Balance** (metabolic-balance.com). After an initial two-day vegetable fast, there were 14 days of strictly controlled eating, three meals a day, five hours apart, no snacks, not even a cup of tea between meals. After 16 days I had lost a stone. Two months – and a slightly less rigorous regime – later, I weighed the same as I did when I was 33. I had my old body back. I was over the moon. I really was. But then I stopped marvelling at the fact that I was actually wearing non-elasticated jeans and I looked at my face.

It had changed too, but not in a good way. It wasn't the face of a 33-year-old any more. It was the face of a woman who'd had two emergency C-sections, about 200 sleepless nights, a woman whose very life force had been sucked out of her by two hungry egomaniacs. There were burlaps and dewlaps and random folds and sags. I know they say that over 35 you have to choose – face or figure – but I had never really believed it, and even though I was looking at living proof, I didn't want to believe it. So I went on a quest to learn how to have both.

The first, probably most important, element is exercise. I hadn't actually done any exercise because the Metabolic Balance had been so effective and relatively easy that I had no motivation to drag myself around the park on a drizzly Saturday morning. But recent studies have shown that people who exercise frequently have a thicker dermis (the layer of skin that determines springiness and sharp contours), and a 40–50 year old who knows their way around a gym is likely to have the skin of a thirtysomething.

So I entrusted my body to Stephen Price, whose gym, **SP&Co** (spandco.co.uk) in Chelsea, accommodates only one person and one trainer at a time. Total privacy meant that I didn't feel ashamed as I huffed and sweated and nearly cried while the relentlessly encouraging Stephen had me boxing, swinging kettle bells and cycling in an overheated 'hypoxic chamber' (a room with low oxygen levels) twice a week. I hated it and I loved it, and after two months there did seem to be an improvement, not just in my upper body strength (I can now do a press-up!) but also in the smoothness of my jaw, the neatness of my chin, even the delicate lines around my eyes. Under the supervision of SP&Co's nutritionist Eve Kalinik I was also being careful about my diet. Not too much sugar (the enemy of youth), lots of avocado, oily fish and liquorice tea. And I was experimenting with what was out there, treatment-wise. I didn't want to do scalpels and I didn't want to do suction but I was game for pretty much anything else.



Which means lasers. The thing about having a job, and two children, and going to the gym now and again, and seeing your friends once a year, is that you don't have time for anything else. Which is what made the PHI 360 facial at the amazingly shiny **PHI Clinic** (phclinic.com) in Harley Street so attractive. The two-hour facial basically involved every funky new skin-perfecting machine out there. If this wasn't going to blast the years away, nothing would.

There was microdermabrasion, a HydraFacial (a bit like being licked by a cat's tongue), three different types of laser, lashings of SkinCeuticals CE Ferulic (magic vitamins C and E juice for your face – I love the stuff) and some LED phototherapy. The whole thing was meant to clean, polish, promote collagen production and eliminate redness. Advocates suggest having it twice a year, and it was effective, but it did feel a bit like being the guinea pig of a mad professor who has just invested in lots of new gizmos.

Visiting Laura Jones couldn't have been a more contrasting experience. She is a talented and gentle acupuncturist, facialist and reiki healer who can usually be found in a small basement room under **Content Beauty & Wellbeing** (laurajonesacupuncture.com), a fabulously kooky apothecary-like shop in Marylebone. She specialises in facial acupuncture and a session with her starts with a thorough facial using lovely, natural organic products. Then the needles start going in.

The first time that I visited, she put in 53: around my mouth, my cheeks, my forehead. She says that when she works, she goes into a kind of trance and can see how a face looked when it was younger. The needles promote blood flow, contract muscles, tighten pores and kick-start collagen production. (Rather brilliantly, they can also sort out stubborn spots.) It isn't entirely painless, but there is love and commitment in the way that Laura works, and a little bit of magic too – once the needles are all in she does the reiki healing, which does feel sort of subtly transformative.

And do you know what? It works. I really think it does. People keep saying to me that I look younger. And these days I don't feel a tiny bit sad when I look in the mirror, I feel a tiny bit happy. Which is all we can ask for, really. □

ILLUSTRATION: ANDREW ARCHER AT DEBUT ART, CORBIS

BRIGHT YOUNG THING

A cosmetic dermatologist with a global reach and founder of The LMS clinics, Dr Shawana Vali brings style to the world of cosmetic medicine



She is the global practitioner who is infusing the often clinical world of cosmetic surgery with coolness. With a slew of internationally recognised qualifications under her belt, Dr Vali went on to found her own practice – The London Medi-Spa clinic (LMS). She is now established in Dubai, Monaco, Singapore, Los Angeles and London. What sets Dr Vali apart in the industry is her youth. She has a strong understanding of what a young woman is seeking from her treatments because she is a young woman herself. With a team of internationally respected doctors, Dr Vali curates a must-have treatment menu, comprising bespoke ingredients exclusive to LMS. While providing all the therapies you would expect, she avoids needles wherever possible, favouring a more natural look for her clients. Clients which, unsurprisingly, include A-listers and celebrities. Every aspect of Dr Vali, from her holistic approach to therapies to her personable attitude and consummate elegance, ushers in a new union of wellness and fashion. Shine on...

FACIALIS Q&A

Q. What is the Facialis?
A. A medical-grade skin revolution designed to target pores, pigment, fine lines, acne, redness and oiliness in one swoop.

Q. What's involved?
A. A multi-pronged attack using cellular stimulation with a cocktail of amino acids, vitamins, growth factors and potent stem cells, mixed up with a combination of laser, light and radio frequency.

Q. The results?
A. Skin is utterly transformed.

1.61

The **1.61** LMS non-surgical facelift seeks to return symmetry to the face. Volume is restored, cheeks are redefined and wobbly jowls tightened – all without going under the knife.

LEVO/INFUSIO/ OXYGENIUM



Levo involves bio-nutritional shots, designed to give added oomph to cells, targeting fatigue and ageing while boosting skin's vitality. **Infusio** quenches thirsty skin with a potent cocktail of vitamins and anti-oxidants via intravenous drip. The **Oxygenium** oxygen bar delivers pure oxygen at a concentration of 95%. Results in detoxification and a real energy boost.

OTHER TREATMENTS

First up, **Strictus**, which tones and tightens face, neck, décolletage and body. It uses Ulthera laser and radio frequency, with minimal downtime. **Eradamus** is the LMS's specially formulated approach to Botox. Used sparingly to diminish lines and wrinkles. **Meso-Medius** uses medical-grade mesotherapy to put some bounce back in your skin. **Denso** targets hair loss through a combination of PRP and meso hair-vitamin application. A wonder treatment for a thicker mane. **Forma** smoothes and contours with natural fillers, resulting in artistic perfection. The face appears instantly sculpted. **Adipem** freezes away fat and erases cellulite, giving the perfect silhouette. Ideal for achieving a taut, toned physique.

TATLER OFFER *Tatler readers will receive a complimentary LMS Refresher skin peel and LMS Five Point Protcol™ consultation. LMS is based in Knightsbridge and Essex. To book, call 020 3292 1192 or visit thelondonmedispa.com*

Final countdown

Plan your operation with military precision and you'll get winning results. By Francesca White

LAY THE GROUNDWORK

DO YOUR RESEARCH

Choose the correct specialist (they should be accredited by BAAPS) and make sure that you meet with them two to three times before the surgery. And try to pick someone who has a good nurse – they'll be the one looking after you post-op and tending to your dressings. You can ask to meet the nurse when you have your consultation.

TRY FOR SIZE

SCANDFIT HAS LAUNCHED TRY SIZE, £150, A SIZING BRA WITH EIGHT FILLETS IN VARIOUS VOLUME RANGES. SO NOW YOU CAN GO HOME AFTER YOUR CONSULTATION AND FIGURE OUT THE RIGHT SIZE AND WEIGHT FOR YOUR NEW BOOBS. *SCANDFIT.COM*

B5+HA

'INGREDIENTS TO LOOK OUT FOR IN YOUR PRE-SURGERY SKINCARE PRODUCTS ARE **VITAMIN B5**, WHICH STIMULATES CELL REGENERATION, AND MOISTURE-BOOSTING **HYALURONIC ACID**,' ACCORDING TO DR MICA ENGEL AT WATERHOUSE YOUNG CLINIC. SKINCEUTICALS HYDRATING B5 GEL, £45, AND MASQUE, £35, ARE WORTHY CONTENDERS.



10 DAYS

IS THE AMOUNT OF TIME THAT YOU SHOULD LEAVE BETWEEN AN INITIAL CONSULTATION AND DECIDING ON SURGERY – THIS WAY YOU CAN MAKE AN INFORMED, UNRUSHED CHOICE. MOST SURGEONS HAVE A SIX- TO EIGHT-WEEK WAITING LIST ANYWAY.

Choose a hospital within comfortable travelling distance. You don't want to be traipsing for miles to have your dressings changed.



GET FIT

Personal trainer Louise Parker suggests working out an hour a day, five days a week, to ensure that you are as strong as possible pre-surgery. 'Focus on conditioning work to spur metabolic uplift, which will keep your metabolism ticking over when you're resting.' *louiseparker.uk.com*



PHOTOGRAPHS: ALAMY, ISTOCK

H_3O

H_3O Hydration salts, £24.95 at Cult Beauty, are packed full of ionic minerals and hyaluronic acid to get cells to rude health while making skin all plump and perky.



BED DOWN

Make sure that your home is prepared for your recovery. This means arranging childcare if needed, scheduling treatment for when someone can be around to help out and choosing a time to do it when things at work are quiet.

6 MONTHS

BEFORE ANY FACE SURGERY, YOU NEED TO START GETTING SKIN IN GOOD NICK – THIS IS HOW LONG IT TAKES FOR COLLAGEN PRODUCTION TO KICK IN. APPLY **RETINOL** CREAM IN INCREASING STRENGTH: **0.3%** TO BEGIN WITH; THEN UP THE PERCENTAGE VERY SLOWLY, SO AS NOT TO CAUSE A REACTION. YOU WANT TO BE USING **1%** RETINOL JUST BEFORE YOU GO UNDER THE KNIFE.

MAKE SURE YOU HAVE YOUR POST-SURGERY COMPRESSION GARMENTS – BRAS, LEGGINGS, ETC – READY TO GO. THE HOSPITAL WILL PROVIDE YOU WITH AN INITIAL SET, BUT IT'S NICE TO BE ABLE TO POP ON YOUR OWN AS SOON AS YOU RETURN HOME.

STAMP OUT THE HABIT

Nothing compromises the results of surgery more than smoking, and the effects can lead to infection, delayed healing and scars being pinker and more raised than they should be. SORRY ABOUT THAT.

POLISH UP YOUR ACT GET YOUR BROWS DONE AND LASHES TINTED A FEW DAYS PRIOR TO SURGERY, SO THAT YOU CAN LOOK AS GOOD AS POSSIBLE WITHOUT MAKE-UP DURING THE RECOVERY PROCESS. BROW TINT, FROM £12, AT BLINK BROW BAR. ▷

ROAD TO RECOVERY

◁ For a quick flush of B vitamins, make your way to the **Vitamin Hydration Bar** at the London Medi-Spa – its IV Hydrating Drip, from £150, contains a mixture of vitamins, glucose and antioxidants that can help to bolster the body's natural defenses. *thelondonmedispa.com*

REST UP

Old favourite Grayshott Spa is the first port of call post-surgery for many – and the new four-night Espa Nurture & Support programme, £1,165, is designed for post-cancer care. *grayshottspa.com*



THE SUPER ELIXIR, FROM £39, IS THE NICEST SUPERGREENS POWDER WE'VE FOUND. DEVELOPED BY NUTRITIONAL SPECIALIST DR SIMONE LAUBSCHER, IT IS STUFFED WITH ALKALISING HERBS AND ENZYMES TO KEEP DIGESTIVE AND CIRCULATORY SYSTEMS ON TOP FORM.

KEY INGREDIENTS

Foods to help heal, by nutritionist Eve Kalinik

TO REDUCE SWELLING
Anti-inflammatories: oily fish, flax seeds and turmeric

TO PUSH OUT TOXINS
Algae: spirulina and chlorella

TO BOOST IMMUNITY
Prebiotics: cabbage, onions, leeks and garlic

TO MOP UP FREE RADICALS
Antioxidants: broccoli, kale, spinach, sweet potatoes, carrots and beetroot

COSMETIC SURGEON RAJ RAGOOWANSI RECOMMENDS THAT PEOPLE SHOULD NOT LIE FLAT AFTER FACIAL SURGERY. 'FLUIDS GRAVITATE TOWARDS THE HEAD, WHICH COULD LEAD TO SWELLING,' HE SAYS. 'TRY TO **SLEEP UPRIGHT** SO FLUIDS DRAIN TO YOUR KIDNEYS, WHERE THEY ARE FLUSHED OUT. INVEST IN A WEDGE PILLOW TO ELEVATE THE HEAD.'



REBOOT

VIRIDIAN BETA GLUCAN WITH VITAMIN C, D AND ZINC, £17.90, ONE TO THREE TIMES A DAY, MAY HELP TO SUPPORT THE IMMUNE SYSTEM AND PREVENT INFECTION POST-SURGERY.

MOBILISE EARLY It's important to get up and about as soon as you feel able – make sure you do lots of gentle walking to ease yourself back into a routine. Balance this with plenty of sleep and rest.

FACE FIRST

TO HEAL

Resultime Regenerating Collagen Gel, £47, does just that.

Dr Barbara Sturm MC1 Cream, £950, is made bespoke using growth-factor-rich platelets extracted from your own blood, said to spur on healing.

Dermaceutic K Ceutic Post-Treatment Cream SPF 50, £30, provides serious sun protection.

TO HIDE

Aloe-based **Oxygenetix Foundation**, £45, is great when skin is feeling sensitive.

Vichy Dermablend Foundation Cream Stick, £15, and **Total Body Foundation**, £30 are tried-and-tested favourites for hiding bruises.

Ilia Sheer Vivid Tinted Moisturiser SPF 20, £35, contains arnica to de-puff.

A HELPING HAND

Alexandra Soveral uses her facial massage on patients who have had recent facelifts – to break down scar tissue and promote lymphatic drainage. *alexandrasoveral.co.uk*

Katherine Jackson blends mineral make-up that matches your skin tone to camouflage bruising. *katherinejackson.co.uk*

Acupuncturist **Jani White** places very fine needles around scars to bring blood to the area and help wounds mend as neatly as possible. *acuhouse.co.uk*

ON THE MEND

After surgery, you want something containing silicone to heal and make scars less visible. The best-known is Dermatix, which has a **SILICONE GEL**, £36, and **SILICONE SHEETS**, £13.

HEALGEL BODY, £39.50, is equally credible, and contains arnica to help with bruising.

The St John's wort in Susanne Kaufmann **ST JOHN'S WORT OIL**, £20, is especially good on scar tissue, calming skin and relieving irritation.

And it's been proven that twice-daily applications of **NEAL'S YARD ROSEHIP OIL**, £17.50, over three months help to reduce lumpiness and fade scars. ▷

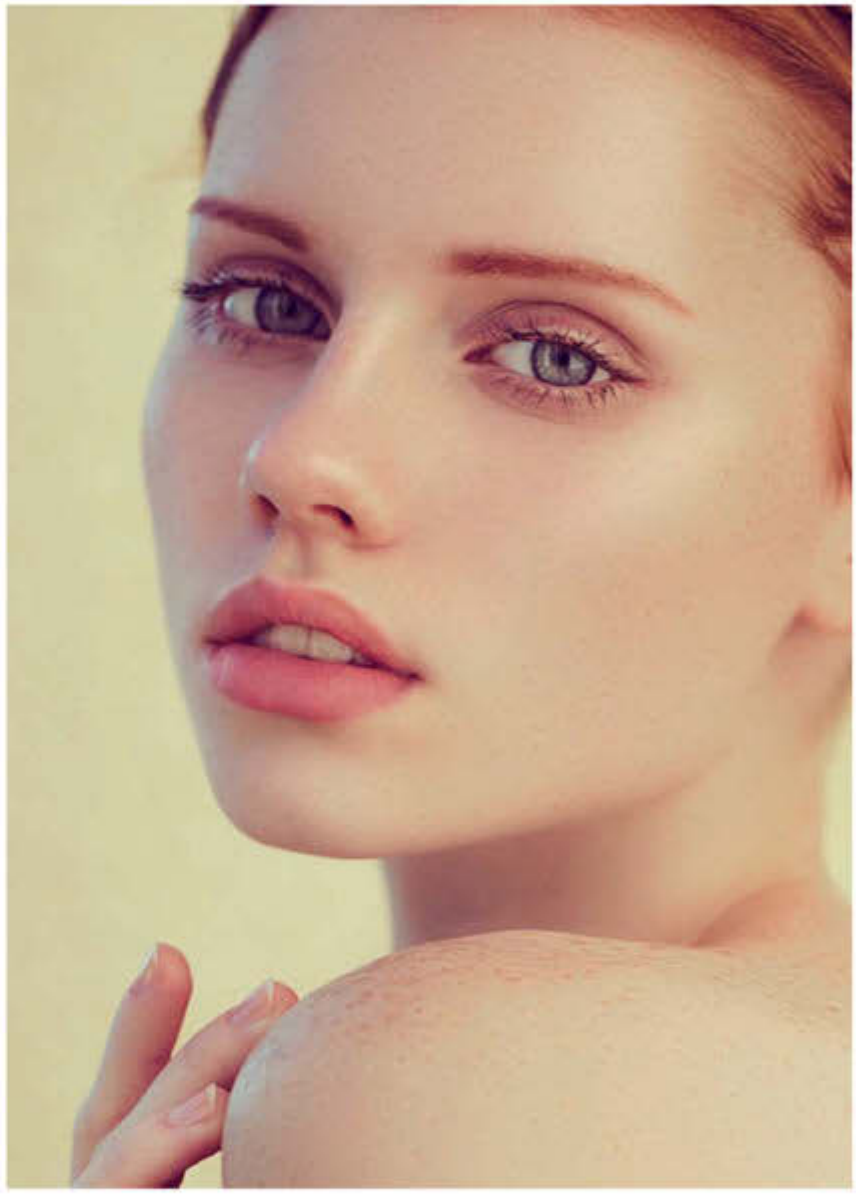


LIFT OFF

Thanks to Dr Dray's expertise, the only way is up for your skin



After months of braving the cold, it's finally time to welcome spring. And what better way than to give your face – and your spirits – a boost with a spot of facial rejuvenation. In London or Paris you can call on Dr Dray – the man who devised the Mesolift. This is a facial based on mesotherapy – the practice of delivering radiance-enhancing substances into the dermis via micro-injections. The Mesolift is best described as the mother of all cosmetic treatments and, thanks to its multitasking magic, we can see why. Not only does it fight the ageing process and transform a tired face into one that looks well-rested, the Mesolift also treats acne and open, visible pores. In short, it's a miracle worker.



MESOLIFT – WHAT'S INVOLVED?

Mesolift revitalises and hydrates dull, tired skin and plumps sagging tissue with a winning combination of active substances. Dr Dray's customised rejuvenating cocktail – delivered via micro-air gun injections – is designed to nourish, hydrate and protect the skin. This is an excellent pre-party treatment which gives complexions a boost of vitality. The results are nothing short of amazing. 'Injecting moisture into the face gives skin immediate bounce and glow,' says Dr Dray. Skin is lifted and firmed and positively shines with health. All this from a treatment so quick, you can go over lunch!

10-MINUTE FACELIFT

If your skin is in urgent need of a pick-me-up but you barely have time for a coffee, let alone a facial, try Dr Dray's marvellous (and quick) facelift. Available exclusively at his clinics, this wonder treatment can take 10 years off your age in just 10 minutes. Like Mesolift, there's no knife involved, just injections of biodegradable chemicals that gently encourage the skin to produce collagen. These injections restructure the jawline, elevating sagging skin and keeping it raised for up to 10 months. Dr Dray is highly skilled at customising his treatments to the patient's individual needs and requirements, giving your skin a real boost – in an instant. Incredible!

The crème de la crème of society flock to Dr Dray

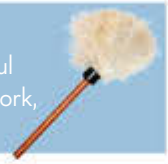
Clinic Dray London, 11b Albert Place, London W8 5PD; Tel : 020 7937 1031; info@drdray.co.uk; drdray.co.uk

Back on your feet

Pay attention – you need to know this stuff. What you get up to in the days and weeks following surgery is crucial for a safe, swift recovery. Stick to this schedule and you can't go wrong, says Francesca White

WEEK 1

FACE	BODY
DAY 1 Gentle walking.	**DAY 1** Rest.
DAY 2 Take showers.	**DAY 2** Gentle walking.
DAY 3 Wear sunglasses.	**DAY 3** Take showers.
DAY 4 Wash your hair.	**DAY 4** Wash your hair.
DAY 5 Go for a coffee with a friend.	**DAY 5** Go for a coffee with a friend.
DAY 6 Start cooking again.	**DAY 6** Start cooking again.
DAY 7 Apply mineral-based make-up.	**DAY 7** Change dressings.

	FACE	BODY
WEEK 2	Short car journeys, baths, blowdries, gentle jogging, light housework.	 Short car journeys, baths, light housework.
WEEK 3	Go on a treadmill, lift children, short-haul flights, medium housework, have sex. 	Gentle jogging and gym sessions, go on a treadmill, medium housework. 
WEEK 4	Pilates, yoga, cycling, start applying your SPF again.	Lift children, take short-haul flights, have sex.
WEEK 5	Week off – kick back and relax.	Week off – time to chill out.
WEEK 6	Go to the gym, swim in the pool, light weights, resume gardening, start using silicone products and massaging scars.	Cycling, heavy housework, spray tans, start wearing normal underwear and using silcone products. 
WEEK 7	Lift heavy bags and weights. 	Nothing. Carry on as you were.
WEEK 8	 Take long-haul flights.	Normal gym sessions, pilates, yoga, swim in the pool, resume gardening, take long-haul flights. 
WEEK 9	Nothing. Carry on as you were.	Again, no new activities.
WEEK 10	 Have your brows and lashes tinted, book in for a facial.	Lift heavy bags and weights.

INFORMATION SUPPLIED BY MR RAJ RAGOOWANSI (MILLIMETREPERFECT.CO.UK)

PHOTOGRAPHS: ALAMY, SHUTTERSTOCK

LOOKING GOOD

Give fine lines their marching orders with a comprehensive range of injectable treatments from The MediSpa at Urban Retreat.

Urban Retreat on the fifth floor of Harrods has always done things with panache. It's hardly surprising, then, that its MediSpa delivers a comprehensive range of treatments with real flair. Dr Marc Armangue, Dr Ireney Salama and Dr Sarika Tibrewal – along with a team of medical aestheticians – seek to enhance your natural radiance through non-surgical procedures. The clinic has quickly become the go-to luxury destination for those in the know. Zap away unwanted hair with laser hair removal, give your feet some TLC with the clinic's designated podiatry procedures or freshen your look with semi-permanent make-up. Underlying the MediSpa is an ethos of wellness – a holistic approach to beauty. There is no glossing over aesthetic problems here; this team gets to the nitty-gritty with true medical efficiency.

WRINKLE-REDUCING INJECTABLES

As we get older, fine lines start to take up residence on the face, gradually forming grooves. Wrinkles can betray your age; how best then to tackle this enemy? Injectable wrinkle fillers work by infusing purified protein – key to maintaining skin's elasticity and structure – to problem areas, such as around the eyes and forehead. Skin appears revitalised and taut. The treatment is quick and simple and results can last for up to six months.
Prices start at £270 for a 30-minute session.

DERMAL FILLERS

Dermal fillers are non-invasive cosmetic injections designed to plump up areas of the skin that have lost volume. The hydrating and firming effects are long lasting, creating a naturally younger-looking you. Results can last for up to a year.
Prices start at £395 per syringe.

A DERMAL ROLLER

Dermal rollers have 200 tiny surgical needles on their surface designed to remould and recondition the face. Local anaesthetic is applied before the roller is passed over the skin to boost collagen production and reduce the appearance of fine lines, stretch marks and scarring.
Prices start at £360 per session and four sessions are recommended for optimum results.



TREATMENT ROOM AT URBAN RETREAT
RIGHT, DR MARC ARMANGUE

Urban Retreat, 5th Floor, Harrods, Knightsbridge, London SW1. Please call 020 7893 8333.

URBAN RETREAT AT Harrods

Tatler **readers will receive a 20% discount on their first treatment at the MediSpa at Urban Retreat. Simply quote 'Tatler20' at the time of booking. This offer is exclusive to the MediSpa and may not be redeemed elsewhere in the store. Full terms and conditions are available on the Urban Retreat website and in store.**

NEW TRICKS

Turkeys have their necks and pandas their eyes... but you really, REALLY don't want either. Francesca White discovers the latest hi-tech solutions to some age-old dilemmas

BEST FOR

LOST CONTOURS

THE R LIFT



The lowdown At some point in the not too distant future, your face will change; it will begin to lose its natural contours, appear hollow where once it was plump and perky, and start to sag. Perhaps it's already happened. But if you're considering taking *serious* action, hold fire. A facelift is not your only option. What you could do – before resorting to knives and stitches and unnecessary manhandling – is consider a series of cleverly placed fillers to restore your natural scaffolding while lifting and sculpting. The R Lift does exactly this. Carefully controlled amounts of Emervel or Restylane are injected into as few as two points on either side of the face: cheekbones (to smooth sunken sockets and hollow temples) and the corners of the mouth (to sharpen jawlines and iron out lines around the lips). The difference to ordinary fillers is the *technique*: a cannula is run beneath the skin's surface, helping to break the fibrous bands that fuse skin to muscle and fading deep wrinkles. Just 20 to 45 minutes, depending on the volume used, and you're done.
Pain factor It depends on your pain threshold, but most patients say the procedure rates from two to four on a scale of 10. If you're squeamish, rest assured that you're looking at four to six pricks, tops.
Downtime The tiniest bit of bruising if you're unlucky, plus things might feel a tad warm for the rest of the day. If swelling does occur, it's usually very mild and tends to go down within 24 hours.
Results Skin is springier, make-up glides on, confidence is regained. Book in annually to maintain it.
Who to see Dr Ravi Jain at Riverbanks Clinic, Lower Harpenden Road, East Hyde, Bedfordshire (riverbanksclinic.co.uk; 01582 762877). From £900.



BEST FOR

SAGGY STOMACHS

PELLEFIRM

The lowdown When your tummy is slack, prone to cellulite and has as much elasticity as a deflated balloon (blame the children, the buggers), tightening the skin can be tricky. All the sit-ups in the world are pointless; forgoing croissants won't help. What will, however, is PelleFirm. In a nutshell, it's Pellevé – the superficial radiofrequency treatment favoured for its face-firming abilities – for your body. (Which means that bottoms, thighs and upper arms can benefit too.) The sturdy handheld applicator is the same, but the gold, coin-like 'prong' at the end is larger – about the size of a casino chip – and surrounded by octopus-like massage tentacles. After a cold dollop of conducting jelly, the device is moved back and forth across the stomach in four sections, emitting a monotone drone as it goes. In doing so, it's heating everything up (they're aiming to get the skin's surface to about 45°C), shocking the collagen deep in the dermis and causing it to contract. Treatment takes around 20 to 40 minutes, which, coincidentally, is the same time you'd spend at the gym, tackling the same issue.
Pain factor Pleasantly painless, although the area does start to feel rather hot after the fifth or sixth pass. For skin to reach the right temperature, you need to be hydrated, so drink a lot of water in the hours leading up to treatment – and skip that glass of Malbec the night before.
Downtime None at all. No redness, no swelling, no bruising. Carry on as you were.
Results Nothing to write home about straight away, but four to six weekly sessions will result in a definite improvement. Skin looks smoother; cellulite is less visible. For very loose skin, Thermage radiofrequency is recommended alongside PelleFirm.
Who to see Dr Rita Rakus at 34 Hans Road, SW3 (drritarakus.com; 020 7460 7324). From £600.

PHOTOGRAPHS: SHUTTERSTOCK, ISTOCK, ALAMY



BEST FOR

DROOPY JOWLS

DNA 4D SKIN TIGHTENING

The lowdown Chances are you've had laser before: to blitz unwanted hair, to sharpen your vision or to zap broken capillaries. But we bet you've never had it applied to the inside of your mouth. DNA 4D Skin Tightening – in addition to evening out, plumping and smoothing skin – is the first laser treatment to tackle those tricky-to-treat 'marionette' lines (the creases that run to the corners of your mouth) from the *inside*. You're looking at four applications of laser here: the Dual Yellow, to deal with pigmentation; two passes of the Fotona SP Dynamis (one mode to tighten and one to rev up collagen); and the pièce de résistance, the intra-oral laser. What looks like a chubby pen with a changeable tip is prodded around the inside of the lips and cheeks, tightening tissue. And tighten it does: the same laser is used by gynaecologists to help with incontinence.
Pain factor It differs dramatically, from the slumber-inducing warmth of the Dual Yellow, to the searing sensation of the Fotona, which feels like drops of wax landing on the skin. For all the excitement, you can barely feel the intra-oral.
Downtime Skin looks flushed and feels fiery immediately after (a cold flannel will help), although this subsides within about 12 hours. Mild peeling can also occur three to five days later.
Results Your face immediately looks visibly better, smoother and shinier, with a sense of having been lifted. After four sessions, each a fortnight apart, fine lines are markedly diminished and deeply etched nose-to-mouth lines are clearly softened.
Who to see Debbie Thomas at Josh Wood Atelier, 6 Lansdowne Mews, W11 (debbiethomas.co.uk; 020 7243 6288). From £550.

BEST FOR

DOUBLE CHINS

ULTHERAPY

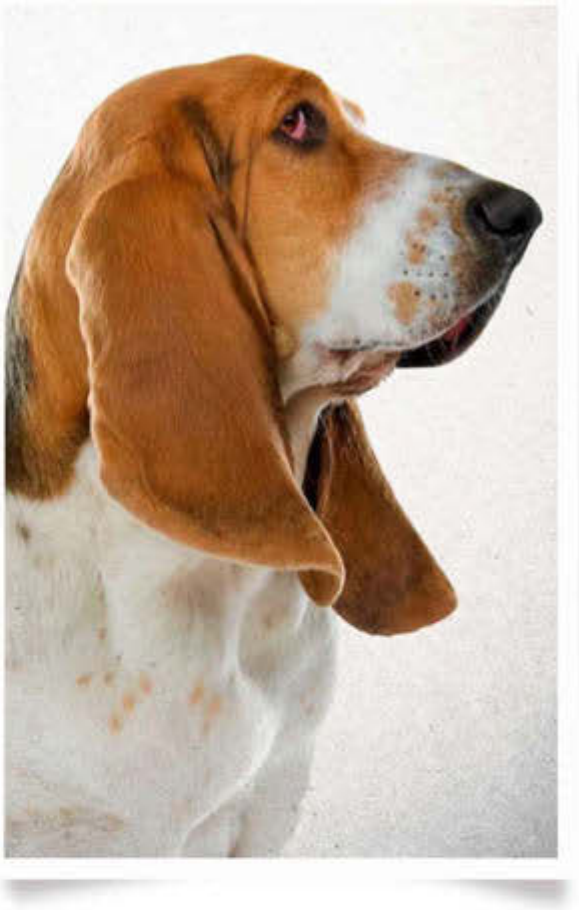
The lowdown Nothing ages like a drooping jawline, and the dreaded chin sag can be a stubborn beast. So treat it to a blitz of non-invasive Ultherapy. It's been around for a while, but this brilliantly effective technology, which uses ultrasound energy to heat the muscle-like layer of tissue deep below the surface of the skin, is excellent at triggering the growth of new collagen and elastin. The promise here is a tauter lower face – a chin lift without the surgery, and in approximately 60 minutes too. After an application of topical numbing cream, the device (which looks like a harmless barcode scanner) is drawn over the neck, cheeks and jaw in a methodical, grid-like motion, delivering a series of ultrasound waves. These penetrate up to 4.5mm beneath the skin's surface, deeper than any other similar technology, so the results last longer – over a year, if all goes to plan.
Pain factor Ultherapy has a reputation for being excruciating, and on the under-chin area it's no different (even the numbing cream is useless). But a good audiobook plus a couple of ibuprofen help to make it slightly more bearable.
Downtime No telltale signs to give the game away and no recovery time required either. You will, however, feel a tad spaced out when you leave the clinic.
Results Almost immediately, the jawline appears sharper and cheeks noticeably firmer. Thirty days on, everything feels tighter and – joyfully – chin wobble is banished. Things improve steadily, with best results seen at around three months.
Who to see Dr Tracy Mountford at the Cosmetic Skin Clinic, 84 Rogers Lane, Stoke Poges, Buckinghamshire (cosmeticskinclinic.com; 01753 646660). From £1,200. ▷



BEST FOR

STRETCHED EARLOBES

EARLOBE LIFT



The lowdown When your earlobes are hanging lower than your Monica Vinader drop earrings, the holes so stretched you're at risk of your studs slipping out altogether, it's time to bring out the big guns. Cue some clever reconstructive surgery – not nearly as scary as it sounds – to stitch things back together again. There's a quick consultation before the cause of the 'dropped' earlobe hole is investigated. It might be an allergy to nickel (often used to strengthen earring posts, it can, over time, slice through the hole); it might be general wear and tear (blame those too-heavy chandelier styles). But fixing it is simple. The scar tissue from the stretched piercings is carefully removed, then part of the tissue is used to create a new hole, while stitching up the slits where the earrings have cut through. A swift injection of collagen to plump up the lobe and, 20 minutes later, hey presto! Your brand-new earlobes are covered with tiny plasters and you're sent on your way.
Pain factor For a surgical procedure, it's surprisingly pain-free. Our tester claims not to have felt a thing, thanks to numbing cream and a jab of local anaesthetic.
Downtime No pain afterwards, no throbbing of the ear – in fact, it's light years away from the ache that follows having them pierced in the first place. You might see a spot of blood on the pillow the next morning, but it's nothing to worry about.
Results You'll be back six days later to have the stitches removed then there's a final check-up to make sure everything is looking neat and tidy. Studs can be worn again in the next two weeks; wait a further four for dangly ones. But ensure that they are sterling silver or 18-carat gold to avoid irritation.
Who to see Chris Inglefield at London Bridge Plastic Surgery, 54 Wimpole Street, W1 (lbps.co.uk; 020 7487 0900). From £2,300.



BEST FOR

DARK CIRCLES

EYE REGEN

The lowdown Your dark circles could give a panda a run for its money, your sockets have started to hollow and you always – no matter how much sleep you get – look *tired*. What you need is something to illuminate that crevice around the eye; something to 'fill' those bags. Forget traditional fillers such as Juvéderm or Restylane (too thick and lumpy to be used here), but do consider Eye Regen. This potent, gel-like solution – a mixture of platelet-rich plasma (PRP), a growth-factor-rich solution derived from a sample of your own blood, and hyaluronic acid, renowned for its moisture-boosting abilities – is carefully deposited via a blunt cannula from an entry point on the apple of the cheek to the tear trough. Slowly the depressed socket is filled up – sort of like inflating a car tyre – subtly plumping and stimulating circulation as it goes. It doesn't destroy the pigment per se, but it does reduce the volume deficit, so that the under-eyes appear less shadowy. You're looking at around 15 minutes per eye.
Pain factor Nothing that a bit of numbing cream and a prick of anaesthetic won't sort, while the filling process feels more awkward than uncomfortable.
Downtime Rather unnervingly, you can feel the solution beneath the eye: it takes a day or two to settle down and there might be some slight puffiness. If that is the case, ibuprofen plus a light 'patting' motion around the orbital bone is suggested.
Results Dark shadows? What dark shadows? Light positively bounces off the newly tightened socket area. And it will do so for the next six to eight months, providing you don't lose a significant amount of weight from your face.
Who to see Dr Terry Loong at 37 North Audley Street, W1 (drterry.com; 020 7127 8108). From £650.

BEST FOR

PIGMENTATION

VENUS VIVA



The lowdown If you've tried every lightening product under the sun and still those speckles persist, try this. Using some punchy radiofrequency, the Venus Viva tackles patchy, blemished or acne-scarred skin at two levels: the epidermis (what's going on up top) and the dermis (the next layer down). A white gun attached to what looks like an Apple Mac is moved swiftly across the face while its rectangular tip – packed with a staggering 160 pins – fires a pulse of energy into the skin. The conical pins don't puncture the surface, but the energy does, searing through the topmost layer – leaving tiny holes in its wake – while simultaneously heating deep tissue. It's a rather aggressive wound-and-repair process: wiping out visible pigment and boosting collagen production. It takes less than 15 minutes to do the whole face, and there are oodles of ways it can be used, too: like firing up fewer pins, or increasing the energy from said pins (a first for this type of technology).
Pain factor It depends on how many pins you plump for, but as a general rule the more they use, the more it hurts – the forehead is the most sensitive. However, the anaesthetic cream makes the process feel more tingly than painful, like being tickled with a stinging nettle.
Downtime Relatively little for such a powerful treatment. There's a feeling of prickly heat, and redness is guaranteed for 12 to 24 hours. You'll also notice an initial sandpapery quality to the skin, which lasts for around a week until the shiny new stuff comes to the surface.
Results A week on, skin evens out and clarity is apparent. For a serious overhaul, three treatments, three weeks apart, are suggested.
Who to see Dr Timothy Beazleigh at Melior Clinic, 152 Harley Street, W1 (venusconceptuk.co.uk; 0844 800 8353). From £250.



BEST FOR

GAPPY SMILES

NOBELCLINICIAN IMPLANTS

The lowdown There are many things that make us look old beyond our years (frown lines? Turkey necks? Age spots?), but one that you perhaps hadn't considered is your smile, which – as time goes by and as teeth shift in their sockets or veneers fail – can look more haggard than happy. And, actually, a strong set of teeth is vital to keeping the rest of your face looking as it should: to stop your jaw from collapsing, your lips from turning into a sour pucker. The usual process of fitting an implant takes months: bone grafts and taking impressions, fashioning crowns and fitting them. What Andrew Dawood does, however, is all of that – but in one hit. If you're really lucky, in less than an hour. He's got some clever software, which, with the aid of 3D X-rays, resin models and optical scans, he uses to virtually plan the process before he gets you in the chair. It's very fiddly and takes intricate planning, but it means that when you finally don the safety goggles and lie back, everything happens in swift, beautifully orchestrated succession.
Pain factor The worst part is the injections of local anaesthetic to the roof of the mouth and surrounding gums. Once everything is numb, it's plain sailing.
Downtime You'll feel a bit sore for the next week, so make good use of the painkillers, antibiotics, cold pack and mouthwash you're sent home with.
Results A brand-new tooth in under an hour: unheard of. Being able to put off a lower facelift more or less entirely: the dream.
Who to see Dr Andrew Dawood at Dawood & Tanner, 45 Wimpole Street, W1 (dawoodandtanner.co.uk; 020 7935 0080). Consultation, £150; implant surgery with crown, from £3,300. ▷

BEST FOR

SUNKEN CHEEKS

GF GEL NEEDLING



The lowdown When the quest for chiselled cheekbones is superseded by the race to stop your cheeks disappearing altogether, it's time for GF Gel Needling. This two-step procedure is no ordinary needling – it is the souped-up, turbo-fuelled version. Injections (using a cannula, to help prevent bruising) of hyaluronic acid put the plumpness back into skin, before the shiny new Dermapen 3 is whipped out. Yes, the noise that it makes as it gets to work is faintly terrifying (a cross between an electric toothbrush and a staple gun), but that's because it delivers a whopping 1,300 micro-holes to the skin per second. Meaning there are plenty of places for the lovely GF (growth factor) serum to seep in and work its regenerating, collagen-boosting magic.
Pain factor The pre-treatment of lashings of anaesthetic cream, which is then covered with cling film, might have you feeling like an iced birthday cake, but it goes a long way to making this procedure less eye-watering. The jawline and upper lip lay claim to the highest 'ouch' factor.
Downtime Post-treatment, expect your face to be the colour of beetroot and hot to the touch. It can take between 12 and 48 hours for the skin to recover fully. In the meantime, be prepared to tell anyone who asks that you have severe windburn.
Results After a course of three treatments, six weeks apart, you're smoother, plumper and tighter.
Who to see Dr Stefanie Williams at Eudelo, Chelsea Bridge Wharf, 368 Queenstown Road, SW8 (eudelo.com; 020 7467 8500). From £725.



BEST FOR

EXCESS BAGGAGE

AQUALYX

The lowdown Perhaps you've dieted; maybe you've already blown thousands on swanky gym memberships. So why is it that your bottom refuses to morph into the neat peach you yearn for; that your waist snubs all attempts to make it slimmer and shapelier? Is there nothing to be done, bar liposuction, when your knees remain resolutely chunky? (How *does* one lose flab from the knees, anyway?) Thankfully, there is. Because the latest body-contouring treatment to wage war on localised fat deposits is Aqualyx – and we're excited about it. How it works is this: problem area identified, the Aqualyx (a naturally occurring fat-digesting enzyme) is injected into fleshy bits via flexible cannulae (the amount used depends on the surface area to be treated, but two incision points – for an area the size of your palm – is the norm). Here, it gets to work breaking down fat cells – liquefying them, if you like. The body will dispel the stored lipids naturally, through the liver. And that's it. Simples.
Pain factor Far from comfortable. There's anaesthetic in the solution, which makes it sting, though topical numbing cream can be applied half an hour beforehand. On the plus side, the treatment is over swiftly – 10 minutes, max.
Downtime Nothing that'll stop you going about your daily routine, but there is significant swelling, bruising and redness. Keep treated areas under wraps for the following week or so, until everything looks as it should.
Results Two to four sessions, six weeks apart, are recommended. But, course complete, blubbery bits are undeniably diminished. And they'll stay that way: as long as you stick to a healthy diet and exercise, mind you.
Who to see Angelica Kavouni at Kosmesis, 129 Harley Street W1 (cosmetic-solutions.co.uk; 020 7486 9040). From £450. ▷



'I take a natural yet effective approach – to benefit the skin's health rather than compromise it'

Nataliya Robinson

ONLY SKIN DEEP

If amazing skin is at the top of your wish list, book in for a facial with Nataliya Robinson

If you want skin that positively glows with good health and is as squeaky clean as it looks, book an appointment to see skin therapist Nataliya Robinson. Practising what she calls 'classic cosmetology', Nataliya treats skin the old-fashioned way – with respect and a firm yet gentle touch. She has worked in skincare for over 15 years, in both the UK and her native Russia. In addition to this experience, Nataliya is also a qualified auricular acupuncturist and has a broad knowledge of naturopathic nutrition – allowing her to address patients' wellbeing as well as their complexion. From her two clinics in Chelsea and Hampstead, Nataliya relies on tried-and-tested techniques and equipment to safely perfect skin. Therapies are underpinned by her natural and holistic attitude to health, so expect a thorough lifestyle appraisal as well as a deep clean. Clogged complexions are given a blast with Nataliya's now-famous European Facial. This facial is completely tailored to fit the client's needs – a signature face-sculpting massage can be included to give tired skin a youth boost. Skin is diligently assessed, cleaned and treated with a series of therapies, leaving the face brighter and fresher. Nataliya is also a dab hand at treating skin sensitivity, sun damage and signs of ageing. It's time to come out of winter hibernation and reveal a whole new you!



EUROPEAN FACIAL

From £160

● PRE-TREATMENT CONSULTATION

This detailed skin assessment allows Nataliya to gain an understanding of your current diet and lifestyle to personalise your treatment. She'll also prescribe advice that will help improve the condition of your skin, so take notes.

● DEEP CLEANSING

Comedones (that's blackheads to you) and milia (milky white spots) are manually extracted, while inflamed acne spots are calmed with a high-frequency wand that zaps bacteria and reduces redness.

● GENTLE EXFOLIATION

Microdermabrasion tickles, while dead skin cells are sucked off your face – revealing bright new skin.

● ANTI-AGEING PROCEDURES

Oxygen therapy and peptide serums reverse the dreaded signs of ageing.

● FACE SCULPTING MASSAGE

Reduces wrinkles and jowls, enhances cheekbones and releases tension in facial muscles. Utter bliss!

Nataliya Robinson is at Nataliya Robinson Skin Therapy, by appointment only.
For further details, please call 020 7349 0038 or 07774 544455, or visit nataliyarobinson.co.uk

BEST FOR

FURROWED FOREHEADS

V SOFT LIFT

The lowdown If your skin is looking a tad worn out, a bit sorry for itself, the V Soft Lift might be just the ticket. A fine web is created beneath the skin's surface, using horizontally and vertically placed lengths of V-shaped thread that anchor securely and gently hoick up slack skin. Unlike regular thread lifts, which use permanent fishing-wire-like lengths, the V Soft employs a substance called polydioxanone (it is also used in dissolvable sutures). And here's the clever bit: these tiny strands (on pre-threaded needles) break down gradually – over six to eight months – by which point collagen has formed around them, creating a natural suspension system beneath the skin's surface. Expect between 15 and 30 needles on either side of the face if you're looking to tackle volume loss, a few around the eyes and above the brows if you're after some lift in the forehead.
Pain factor Numbing cream makes the initial stages of treatment inoffensive. However, the second side of the face can sting a bit as the anaesthetic wears off.
Downtime Be warned: there may be bruising – which can take up to two weeks to fade – so invest in some good concealer. You might also experience weird prickles for the first fortnight, but this is normal, so fret not.
Results A feeling of tightness is immediately evident and the effect, which improves over time, is startlingly natural.
Who to see Dr Elisabeth Dancey at Bijoux Medi-Spa, 149 Ebury Street, SW1 (bijoux-medispa.co.uk; 020 7730 0765). V Soft Lift, from £450; Silhouette Soft thread lift, from £1,200.





BEST FOR

CREPEY ARMS

REACTION

The lowdown Your forearms are in pretty good nick; there's even some definition going on in your biceps. The part that seems to let the (under)side down is the lack of tone in those 'bingo wings'. Sure, you can cover them up with cardigans and pretend that they're not really there. But shunning sleeveless tops gets a bit bothersome in the summer, and body brushing can seem counterproductive when skin is so thin. So tackle things head on with the Reaction treatment. You lie down, arm raised above your head, as what looks like a handgun is fired from the crook of the elbow all the way up to your armpit – back and forth, around eight times – sending radiofrequency waves into the dermis to firm and tighten. The zapping takes about 20 minutes per arm, the intensity being upped with each pass. If you can bear it.
Pain factor Tolerable – though things can become gradually more tender as the same area is gone over again and again. Pop a paracetamol beforehand if you want.
Downtime Nil. Skin feels normal afterwards, with no discomfort. Trot out and chances are you've forgotten about it.
Results A tangible improvement in dimpling after the first few attempts. Six fortnightly sessions later and you're looking at smoother, tauter, less papery skin. Happy days!
Who to see Joanne Evans at the Royal Garden Hotel Medical Rooms, 2 Kensington High Street, W8 (julesnabet.com; 020 7938 2195). From £180. □

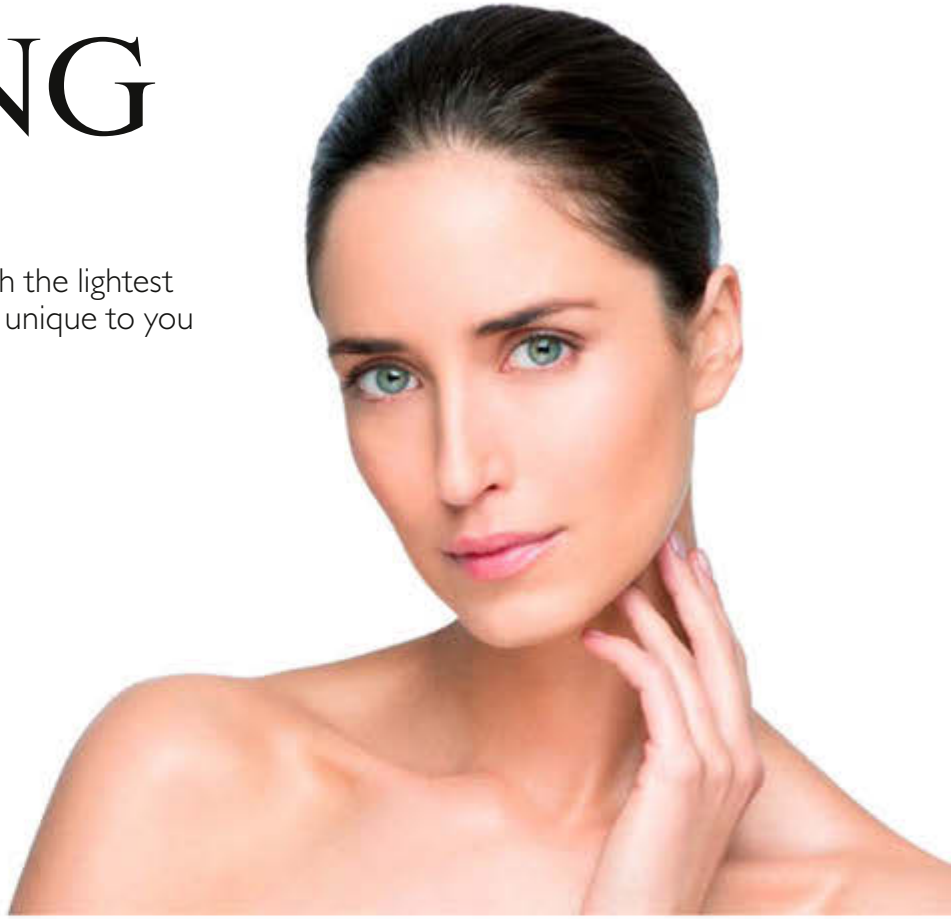
DEFINING BEAUTY

Dr Nick Milojevic sculpts and contours with the lightest touch, creating a goddess perfection that's unique to you



Airbrushed looks are possible without going under the knife. A straightened nose can be achieved with no scarring. Intrigued? Meet Dr Nick Milojevic, a leading aesthetic medicine expert in the UK who combines long-standing methods with his own signature techniques for a revolutionary approach to cosmetic surgery. Dr Milojevic pioneers new treatments and has firmly established himself as one of the forerunners in cosmetic excellence. With over 12 years' experience in the industry, Dr Milojevic has been at the helm of his own practice, the Milo Clinic, since 2006.

20,000 cases of Botox and fillers later, he is considered to be the best kept 'open secret' in Harley street, with clients flocking to his practice to avail themselves of quick, age-defying treatments. In fact, such is the reach of Dr Milojevic's reputation that patients travel from far-flung destinations – Dubai, New York, Russia – just to benefit from his precision technique. Recognised as a key opinion leader in London and wider Europe, Dr Milojevic frequently provides comment in the media on new developments in cosmetic surgery. But perhaps most important of all, Dr Milojevic's approachable and kindly manner puts his patients instantly at ease. Milo has become the name to trust.



'I don't radically alter the face, I restore natural beauty lost through time. My patients still look like themselves but more radiant and glowing'

Dr Nick Milojevic

WHAT TO GO FOR IF...

YOUR NECK IS SHOWING YOUR AGE

Most peoples' daily beauty regime starts from the chin up, meaning the neck is often neglected. Your face may look good but if you don't give the same attention to this area, it can betray your elixir of youth. Lines appear, skin sags... Clutching your neck in fear? Ditch the polo neck and opt for Dr Milojevic's Nefertiti neck lift. A combination of Botox and dermal fillers tightens jowls and smoothes out skin to give you a profile like the ancient Egyptian queen herself – in under 10 minutes.

YOUR UNDER-EYES HAVE BAGS

Bags and dark circles under your eyes can make you look tired and feel old. You need Dr Milojevic's non-surgical eye bag removal, which truly ups the ante. It is somewhat of a specialty for the Milo Clinic, with over 5,000 cases performed to date. Dermal filler is injected into the depression under the eye bags, airbrushing away droopy skin in an instant. The procedure takes just a few minutes and the results (which are incredible) last for over a year. You won't believe your eyes!

THE BUTTERFLY FACELIFT

This is Dr Milojevic's own version of the non-surgical facelift, which gently coaxes definition into the face with a plumping, age-defying combination of therapies. Dermal filler injections are applied to specific areas on the face, using a unique six-point injection technique – developed by Dr Milojevic to give unparalleled lifting results. Botox then smoothes out fine lines around the jawline, mouth and eyes.Finally, the Obagi pigmentation treatment (designed to even out the complexion and reduce dark spots) glides over the face to resurface and smooth. Skin is left glowing and revitalised, with a youthful 'I've just run around an orchard' freshness.

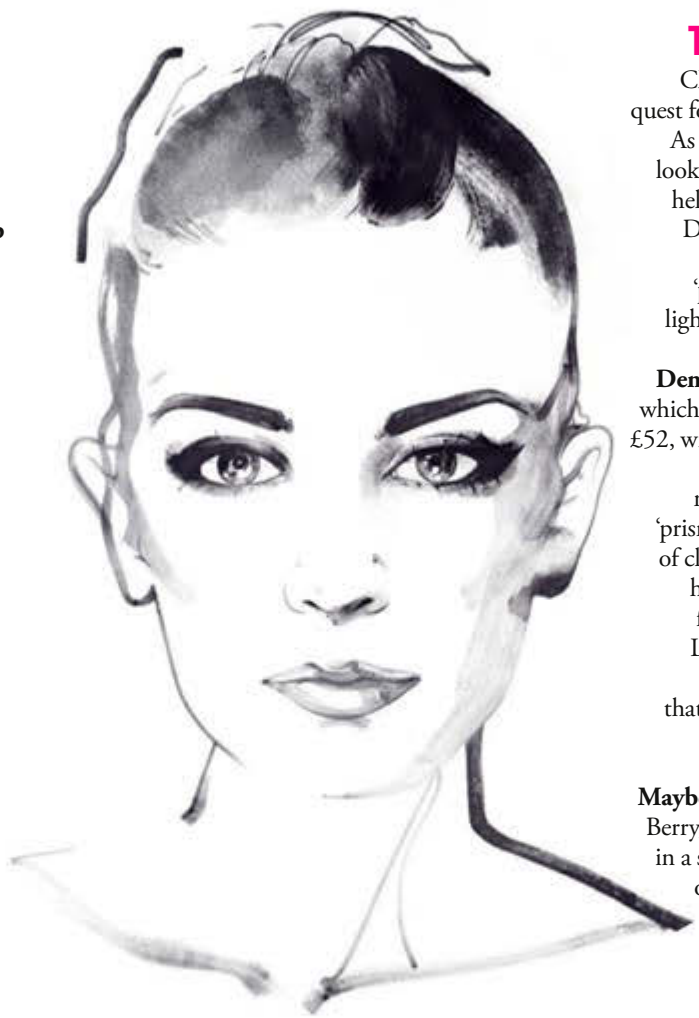
Milo Clinic, 121 Harley Street, London W1G 6AX. To book, please call 020 7100 1234 or visit miloclinic.com

Abracadabra!

KATIE THOMAS CONJURES UP SOME AGE-DEFYING MAKE-UP-BAG WIZARDRY

THE LIPS

Your aim with lips is plump and juicy, because one joyous consequence of ageing is that your lips will start to thin. A simple tip is to keep them hydrated. Carry a pot of balm in your handbag and reapply as often as you remember. **Jo Malone Vitamin E Lip Conditioner**, £23, is ideal. If you're already a lip-balm addict, then try **Zelens Lip Enhancer**, £32. It's jam-packed with active ingredients that help enhance colour, volume, moisture and definition. Stick to creamy-textured lipsticks too, such as **Clarins Rouge Eclat Satin-Finish Age-defying Lipstick**, £19.50 – they're more nourishing and will help to make the lips look full. Florrie White, Clinique UK Colour Artist, recommends playing with light and shadow to give the impression that your lips are lovely and fleshy. 'Add a highlighter or illuminator just on the Cupid's bow and up the philtrum [the groove between your nose and top lip].' Trace a natural-toned lip liner (**Bobbi Brown Pale Pink**, £16, is a good 'un) along the lip line and top with a bit of gloss in the centre of your lips. Result? Smackers that would have those with the most over-filled lips quivering in their boots.



THE CHEEKS

Cheeks are fundamental in your quest for that healthy, cherubic flush. As you age, your skin will start to look dull, so blushers and bronzers help to bring warmth to the face. Dermatologist Dr Sam Bunting explains that cheeks should be 'plump, smooth and reflect the light'. So, what luck that By Terry has brought out its **Terrybly Densiliss Age-Repair Collection**, which includes a corker of a blusher, £52, with light-reflecting technology. It combines clever things like micro-pigments and soft-focus 'prisms' to give you the appearance of clear, blemish-free skin that will have light bouncing off it like a four-year-old on a trampoline. London-based cosmetic doctor Marko Lens also points out that 'when you blush, cheeks turn pink, not brown', so stick to rosy tones for a natural look. **Maybelline Dream Touch Blush** in Berry, £6.50, gives a foolproof flush in a silky texture that you can swirl on straight from the pot. Nice.

THE SKIN

Don't bugger this bit up – you *must* nail your base. Youthful-looking skin is smooth, even and exudes radiance by the bucketful, so invest in a hard-working primer. **Chanel Le Blanc**, £33, and **Eve Lom Flawless Radiance Primer**, £40, create the perfect canvas, gliding over rough patches. If you're prone to rosacea or sun damage, purchase accordingly: **Cover FX Calming Primer**, £29, reduces redness and soothes sensitive skin, while **L'Oréal Paris Anti-Fatigue Perk-up Cream**, £7.99, turns patchy or too-brown skin into a pinkier, perkier version of itself. 'To make skin glow, opt for a foundation that is lightweight and moisturising,' says Bobbi Brown PRO Artist, Hannah Martin. Avoid anything heavy that will sink into wrinkles – that's grandmother territory. For something sheer, **Estée Lauder Revitalizing Supreme CC,** £40, and **La Roche-Posay Hydreane BB Cream**, £15, are standout. And for dark circles and blemishes, **Laura Mercier Secret Concealer**, £19.50, has a creamy consistency with a peach base to neutralise under-eye blueness. Lastly, powder. Setting powders are now more finely milled than their predecessors, and **Bobbi Brown Brightening Finishing Powder**, £40, is particularly glorious. 'The moisturising particles ensure that skin never looks dry, while reflective ones keep things looking bright,' says Martin. Lightly dust onto your T-zone with a big brush. Easy-peasy.

THE EYES

Ironically, you spent your youth plucking your brows into oblivion and now, to look youthful, you need to build them back up again. Maybelline New York's UK make-up director Sharon Dowsett recommends making brows bushier at the bridge of your nose and sharper at the tail, using light, feathery strokes. **Elizabeth Arden Beautiful Color Natural Eye Brow Pencil**, £17, is the ideal tool and comes equipped with its own brush. The simplest trick to make eyes look young is to curl your lashes; just doing this will open up your eyes, allowing more light in. You can also press a dark-brown eyeshadow into the lash line to create the illusion of a fuller flutter. After all, lashes thin as you get older. Dowsett also recommends investing in some good falsies. ('Cut them into three as they're much easier to apply.') The correct eyeshadow colour is paramount past 40. Avoid anything shimmery or glittery – you don't want to look like Kylie on a Saturday night at G-A-Y. And give navy or brown mascara a go. As Dowsett says: 'Black is a statement; colour is an enhancer.' □

ILLUSTRATION: ANDREW ARCHER AT DEBUT ART

/SAFETY IN NUMBERS/

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Dr. INGRID ARION

COSMETIC DOCTOR
LONDON - PARIS

Dr Ingrid Arion is a world renowned French aesthetic doctor with over 25 years experience in her specialized field of Aesthetic Medicine. A leader in her field, her approach to beauty is highly personalized with an emphasis on *Haute Couture* rejuvenation methods for the face. Dr Arion specializes in the delicate Art of Cosmetic Medicine and works with absolute discretion to achieve optimum results.

Celebrities, models, socialites and international VIPs comprise the high-profile clientele who flock to Dr Arion's exclusive London medical rooms on Harley Street, to experience her breakthrough, anti-aging treatments.

Dr Ingrid Arion's high performance treatments include: Threading, Platelet-Rich-Plasma, Hyaluronic Acid Fillers, Sculpting and Contouring, Facial Peels, Mesoglow, Botulic Toxins and New Technologies. She brings an elegance in her approach to Aesthetic Medicine by subtly and artistically creating refreshed, rejuvenated faces without limiting expressions; to retain natural youth and promote glowing skin.

A pioneer of Aesthetic Medicine, her aproach is as Science as Art, specializing in preserving beauty. By using the most advanced, cutting-edge biodegradable natural materials, her procedures are reversible and result in a fresh and youthful appearance that recaptures the look of one's younger self, as opposed to creating a radically new look.

Harley Street - London
+44 (0)20 8906 6562 clinic@dr-ingridarion.co.uk

dr-ingridarion.co.uk



THE ART OF STYLE

The Golden Rules of Dr Ingrid Arion:

- **Be the most beautiful version of yourself**
- **An artistic approach with an emphasis on sophistication**
- **Promote graceful ageing**

Dr Ingrid Arion is the international **"Lip Artiste"** and the go to expert for those wishing to acheive the perfect pout. The best kept secret of the most beautiful women in the world, her customized approach to lips is unrivalled.

Her bespoke lip treatments help to restore and preserve a youthful, feminine smile through subtle contouring to delicately reshape and add definition to your lips.



NATURAL BEAUTIES

Six women willing to share the secrets to eternal youth. By Francesca White

ELLA WOODWARD

It might come as a surprise to learn that Ella, whose healthy-food blog racked up more than three million hits last year, spent most of her St Andrews uni days eating pesto pasta. That is, until an autoimmune condition forced her to take a different tack. Nowadays, the 23-year-old daughter of supermarket heiress Camilla Sainsbury spends her days concocting deliciously virtuous recipes in her kitchen. 'My sweet-potato brownies are the most popular thing by a mile,' she says. And the result? 'My hair grows faster, my skin feels happier – and I'm never short of friends for supper.' *Deliciously Ella, by Ella Woodward, is out now (Yellow Kite, £20); deliciouslyella.com.*

HAIR BY ROI NADIN AT GEORGE NORTHWOOD, USING **REDKEN**. MAKE-UP BY CELINE NONON, USING **DIOR BACKSTAGE LIP & CHEEK GLOW**



Photographed by AMELIA TROUBRIDGE

Styled by SOPHIE GOODWIN

ELLA WEARS SILK & COTTON DRESS, £515, BY CH CAROLINA HERRERA (CAROLINAHERRERA.COM). EARRINGS, ELLA'S OWN. XOCHI WEARS ORGANZA DRESS, £1,785, BY ALESSANDRA RICH (ALESSANDRARICH.COM). JEWELLERY, XOCHI'S OWN



XOCHI BALFOUR

A silent retreat in Costa Rica spurred Xochi, 30, to start making natural beauty products. So natural, in fact, that most come straight from her larder. When she's not studying for her diploma in Naturopathic Nutrition, you might find her whipping up a facemask using ground almonds, cider vinegar and oats. 'Not eating the contents of the bowl before it's ready is difficult,' she admits. And she loves nothing more than a green smoothie: 'Shove every green vegetable that you own into the blender and not only will your skin glow, but you will poo *so* much,' she says. 'As a society, we need to poo more.'

HAIR BY ROI NADIN AT GEORGE NORTHWOOD, USING **REDKEN**. MAKE-UP BY CELINE NONON USING, **DIOR DIORBLUSH** IN CHERRY GLORY



OLIVIA INGE

Olivia is slightly bonkers about needles. When she was modelling in Japan, she had them stuck in her face before hitting the catwalk. ('It really wakes up the muscles,' she says.) She's in her second year studying Combined Five-Element Acupuncture at the College of Integrated Chinese Medicine, and practises on her long-suffering boyfriend. She also uses massages as 'currency' – to pay the tree surgeon who did her garden, for instance. Her dream? To open a teepee in Regent's Park, offering free tea and acupuncture to the masses. 'I plan to pitch the idea to Prince Charles,' she says. 'I think he'd be up for it.'

HAIR BY ROI NADIN AT GEORGE NORTHWOOD, USING **REDKEN**. MAKE-UP BY CELINE NONON USING **DIOR 5 COULEURS KINGDOM OF COULEURS** IN HOUSE OF PINKS



CHARLOTTE TILBURY

'I want to do that whole *Death Becomes Her* thing and drink the elixir of youth,' says make-up artist Charlotte. 'Did you know that our chins, ears and noses never stop growing? We basically turn into witches.' Which is why she created her own line of make-up, including Magic Cream, which she uses backstage at the fashion shows. Slap aside, skin is a big focus. 'I love the EndyMed radiofrequency treatment – it tightens up everything while resurfacing,' says Charlotte. 'It's as good as you can get without needles.'

HAIR BY LEWIS PALLETT, USING **TIGI BED HEAD**. MAKE-UP BY **CHARLOTTE TILBURY**

OLIVIA WEARS POPLIN DRESS, £1,416, BY DELPOZO (DELPOZO.COM). SUEDE & PVC SHOES, £585, BY CHARLOTTE OLYMPIA (CHARLOTTEOLYMPIA.COM). GOLD EARRINGS, £2,270; GOLD BRACELET, £4,100, BOTH BY CHANEL (CHANEL.COM). SHOT ON LOCATION AT CLIFTON NURSERIES (CLIFTON.CO.UK) CHARLOTTE WEARS LACE DRESS, £699, BY GOAT AT FENWICK (FENWICK.CO.UK)

JULIE MONTAGU

The 'Flexi Foodie' – honestly, her limbs are like elastic and her book, *Superfoods*, launches this month – Julie believes that daily headstands are key to anti-ageing. 'Having your head below your heart for two minutes brings blood and oxygen to the face,' says the Triyoga teacher. If that sounds too much, how about haemorrhoid cream? 'I swear by Preparation H – it's the best quick-fix wrinkle treatment,' she says. Mornings start with ten (yes, TEN – 'I'm all about the algae') chlorella capsules and meditation. She's got her husband, the Viscount Hinchingbrooke, following her lead. 'When the house is crazy, I'll find him doing it out in the car,' she says. *Superfoods, by Julie Montagu, is out this month (Quadrille, £15.90).*

HAIR BY ROI NADIN AT GEORGE NORTHWOOD, USING **REDKEN**.
MAKE-UP BY CELINE NONON, USING **DIOR DIORSHOW KOHL** IN SMOKY GREY

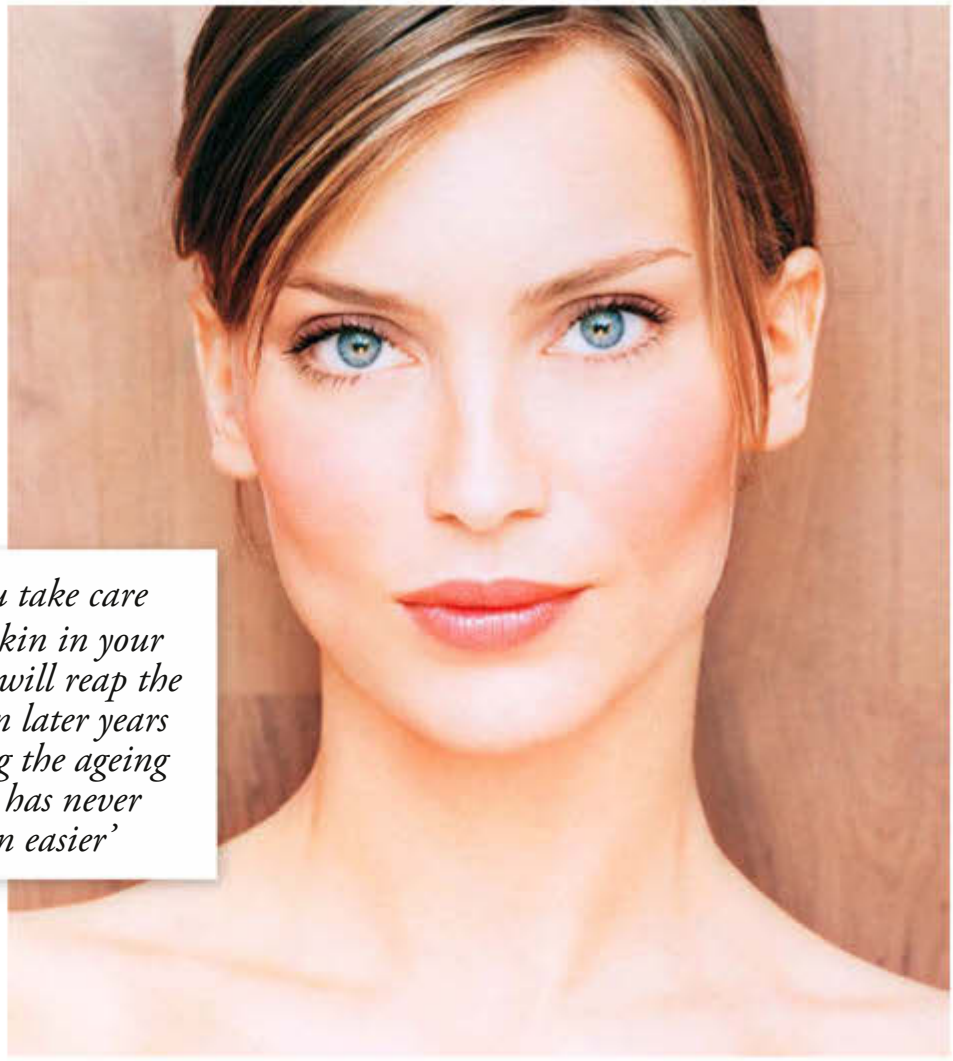


JULIE WEARS TWEED DRESS, £3,460, BY CHANEL (CHANEL.COM). LEATHER & MESH HEELS, £485, BY BIONDA CASTANA (BIONDACASTANA.COM)



In your 30s, evidence of your wayward 20s begins to show on your face. All those late nights and early starts (not to mention excessive sun worshipping) can have a detrimental effect on your complexion. But it's not too late to take action and give your skin the attention it deserves – put yourself in the hands of an expert. Ms Angelica Kavouni is one of the UK's most experienced female cosmetic surgeons. She is a fully fledged plastic surgeon, specialising in cosmetic surgery, with over 10 years of private practice under her belt. Ms Kavouni believes in addressing skin issues early, rejuvenating and revitalising the face to reveal an inner radiance. Her secret weapon against ageing? The three-step techno-facelift, designed to reduce lines, boost collagen and freshen the appearance. Time to give your skin regime that little bit extra...

'If you take care of your skin in your 30's, you will reap the benefit in later years – slowing the ageing process has never been easier'



WAY TO GLOW

Ms Angelica Kavouni has developed a three-step techno-facelift for women in their 30s. Designed to combat ageing, it reveals a bright and radiant complexion

STEP 1: IOVERA

Iovera is a very clever little device that utilises cold therapy to break repetitive muscle movements. This helps stop lines and wrinkles in their tracks. In a 40-minute session, iovera targets the main culprits of line production by relaxing specific nerves and leaving others entirely functional. No frozen faces here – you will retain expression and movement! Even better, only one session is required to give you a smooth forehead for up to three months.



STEP 2: THERMAGE CPT

Over time, the elasticity of the face weakens and contours slacken and sag. Not a good look. Luckily there's Thermage CPT – a radiofrequency treatment designed to lift and tone the face and stop early drooping. Thermage works by heating the layers of the skin which in turn boosts collagen (the Holy Grail of skincare). Ms Kavouni uses this to correct nose-to-mouth lines, crow's feet and firm up jawlines.The comfort pulse technology makes this treatment gentle and comfortable. Only one session is required and results last for up to three years.

STEP 3: FRAXEL DUAL LASER

This laser resurfacing treatment is the pièce de résistance of anti-ageing therapies. Working below the skin's surface from the top down, the Fraxel addresses imperfections at each layer of the dermis. Skin tone is balanced, fine lines are reduced and collagen production is stimulated to keep skin firm and glowing. You may look slightly flushed for one or two days after treatment, but then you're blemish free for up to 18 months. The three-step facelift brings definition and vitality back to the face, recapturing natural beauty. It's nothing short of perfection!

Ms Kavouni is offering Tatler readers a complimentary consultation worth £150. To book, call 020 7486 9040 and quote 'Tatler'

129 Harley Street, London W1G 6BA. For more information, please visit cosmetic-solutions.co.uk

KATE PERCIVAL

Hitting 50 was the catalyst for Kate to leave a career in real estate and set up Grace Belgravia, arguably London's smartest women-only club. 'All the things I'd taken for granted in my 40s – health, energy levels, etc – suddenly weren't so easily attainable,' she says. Cue a foray into preventative medicine. 'I suffered from acne for years but now my skin has never been better.' A good diet, alkaline water, exercise and a holistic skincare regime seem to have done the trick. 'Although once a year I have the tiniest bit of Botox with Dr Rita Rakus,' she admits. 'Everything's moving, nothing's rigid – it just freshens things up.'

MAKE-UP BY CELINE NONON, USING **DIOR DIORSHOW MONO** IN FAIRLY GREY



KATE WEARS EMBELLISHED COTTON DRESS, POA. CHANEL (CHANEL.COM)



Dr Yannis Alexandrides has thoroughly international credentials. Trained in the USA at the University of Miami and University of Pittsburgh, the Athens born plastic surgeon acquired invaluable experience in craniofacial reconstructive surgery and microsurgery.

In 2001, having gained board certification as a plastic surgeon in both America and the UK, he established his clinic at 111 Harley Street – now recognised as one of London's premier clinics. Dr Alexandrides is renowned for his discreet and professional approach which attracts a host of celebrities and royals from across the world. The clinic provides the most advanced and widest range of surgical and non-surgical treatments from the US and Europe, as well as one that is exclusive to Dr Alexandrides – the Y Facelift.



PIONEERING PROCEDURE

Dubbed the 'Yannis Lift' by patients, the Y Facelift is considered a 'technically superior' facelift and draws on the doctor's wealth of skills and considerable experience. The revolutionary technique improves jaw definition, tightens the neck and lifts the face by stitching in the shape of the letter Y – this shape means shorter scars than those from a traditional facelift and a significantly faster recovery time of ten days. The procedure takes just three hours, improving the contouring of your jaw line to bestow a natural and fresh appearance.

PRETTY PERFECT

Pioneering cosmetic surgeon Dr Yannis Alexandrides offers revolutionary procedures for natural results

INNOVATIVE TREATMENT

Dr Alexandrides is proud to be the first physician in the UK trained to use iovera°, a ground-breaking toxin-free wrinkle treatment. The 15-minute procedure involves temporarily freezing the nerves that control facial muscles responsible for frowning. Like botulinum toxin, iovera° treats horizontal and vertical forehead lines and wrinkles, delivering immediate results that last up to three months and leave no toxic residue. It doesn't completely prevent muscles from working either – patients retain facial movement and expression. There's no danger of looking permanently surprised!

'We don't lead with treatments, we lead with goals – your goals. And we don't separate surgical from non-surgical – we combine them'

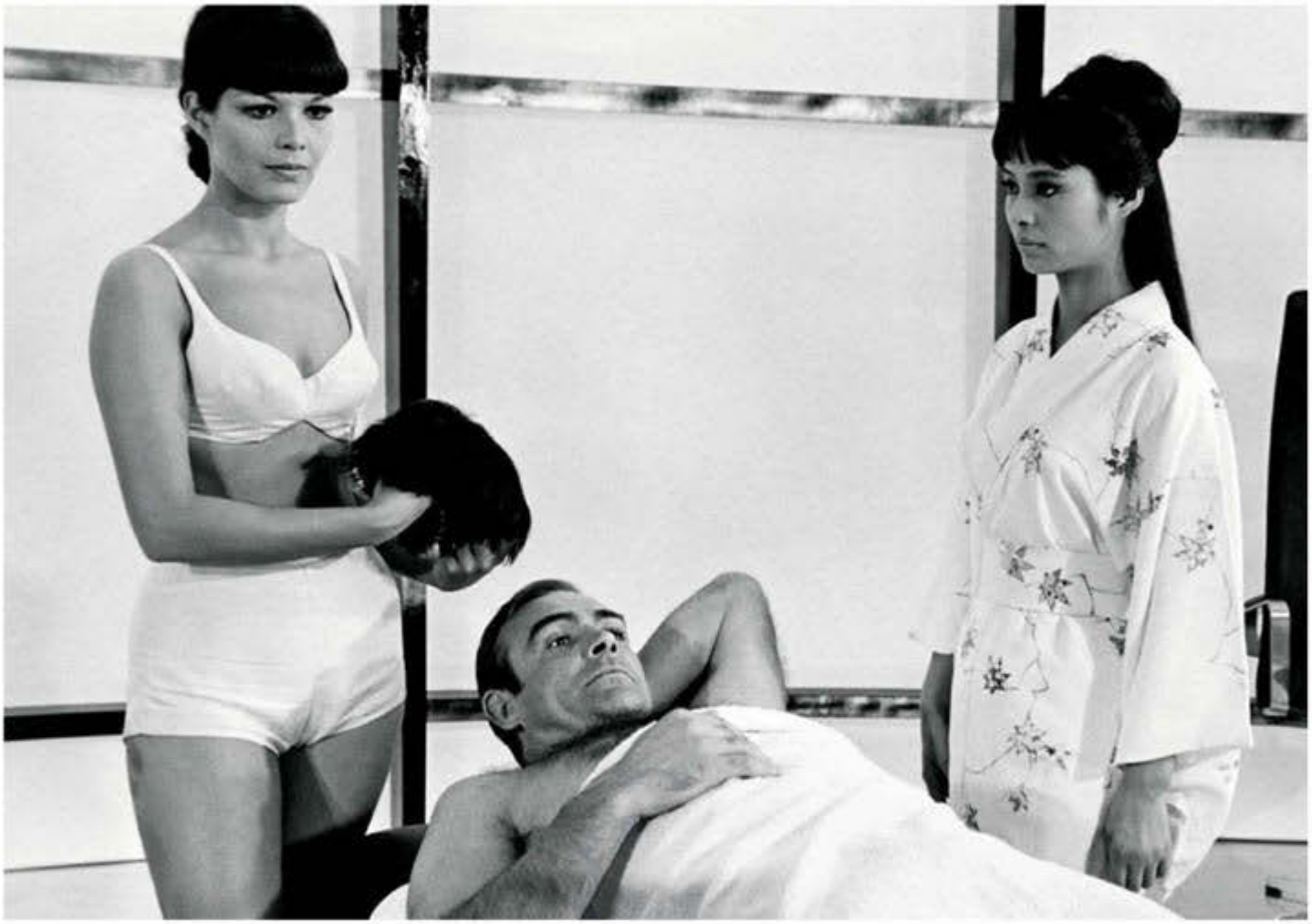
SUPERIOR SKINCARE

In 2012, Dr Alexandrides launched 111SKIN, a range of advanced anti-ageing products and solution specific skincare. Created initially for patients at his clinic to enable them to heal faster after surgery, each product contains a patented formula of advanced ingredients called NAC Y2 that stimulate regeneration on a cellular level. Ideal for use after cosmetic surgery and laser treatments, the products work brilliantly to maximise post procedure results and restore the skin's radiance.

TATLER READER OFFER

Dr Alexandrides is offering *Tatler* readers a 15% discount on all 111SKIN products (excluding the Celestial Black Diamond Collection) until 1st April 2015. To shop, please visit 111skin.com

111 Harley Street London W1G 6AW. 111harleystreet.com For further details, please call 0845 222 5111 or email enquiries@111harleystreet.com



Take it like a man

JONATHAN THOMPSON BRAVELY SUBMITS TO A RANGE OF TERRIFYING-SOUNDING NEW PROCEDURES FOR CHAPS – INCLUDING BOTOX SPRINKLING AND FAT MELTING – IN ORDER TO TRY TO MAKE HIMSELF GORGEOUS AGAIN

'What the hell happened here?' asks Tom, peering at my scalp. Tom knows my head better than I do, hence his confusion. You see, Tom's job for years has been to take my hair off – but this time somebody's put it back on.

Four weeks prior, and I'm lying on a treatment table somewhere near Harley Street, crushing a pink rubber duck in one hand as yet another injection goes into my skull. It hurts. A lot. 'We used to have a stress ball in the shape of a doctor,' says Vicki Smith, director of aesthetics at Absolute Aesthetics, my syringe-wielding tormentor. 'But a patient tore its head off.'

I can empathise. The cause of my current discomfort is the latest hair rejuvenation treatment: Platelet-Rich Plasma (PRP). Like the famous 'vampire facial', this involves taking blood from your arm, spinning it around in a centrifuge, then creaming off the growth-factor-rich platelets. These are then reinjected into the area to be treated: a targeted turboboost for flagging follicles.

The most painful part of the process is the so-called 'halo block' – local anaesthetic injected around the scalp. With a crash-helmet-like sensation fastening around the top of my head, I pop to the loo, terrifying an old lady going in the opposite direction. In the mirror, I look like a Klingon warrior post-battle,

PHOTOGRAPHS: GETTY IMAGES

an anaesthetic ridge protruding from my forehead and blood caked about my temples.

With the halo block/Klingon facial taking effect, the rest of the PRP procedure is painless. Smith and her team inject my body's own restorative agents into my thinning crown and embryonic widow's peak, then clean me up and send me home, with instructions to run a tortuous-looking spiky wheel (a dermaroller) over the affected area to stimulate growth, and to only wash my hair with baby shampoo. I'm not allowed to keep the rubber duck.

PRP is just one of a number of non-invasive clinical treatments driving an upsurge in male cosmetic surgery in this country. According to the British Association of Aesthetic Plastic Surgeons (BAAPS), the number of men undergoing procedures in the UK shot up 17 per cent between 2012 and 2013, with non-surgical face and body treatments now accounting for 75 per cent of the total. This boom is being fuelled by a number of factors, from a significant increase in men aged 35-45 becoming single again, to a more general destigmatisation of cosmetic surgery.

If women are gaining an advantage this way, so the thinking goes, then why shouldn't we? It's a domino effect hitting everything from promotion prospects to Tinder matches.

According to cosmetic surgeon Geoffrey Mullan of Medicetics, your average male's major worries can be split into three timeless clichés: getting older, balder and fatter. But the good news is that there are now effective noninvasive treatments for all three.

'The metabolic rate of a man's skin begins to fall around the age of 35, and that's when we're seeing clients starting to come in for preventative measures,' says Mullan as he preps my own 35-year-old face for one of the most popular new procedures – Botox Sprinkles. 'It's about making improvements, but not looking "done",' continues Mullan, who has seen a 20 per cent year-on-year increase in male patients, with 80 per cent in the 35–45 age bracket. 'Guys want people to notice, but not to notice, to look as if they're well rested and fresh, but not as if they've had any outside assistance.'

That's where the 'sprinkles' come in. It's a new approach to Botox application and it involves significantly smaller quantities of the toxin peppered across the forehead to weaken, rather than freeze, muscles. This softens lines instead of eradicating them, giving a more natural look. It's the equivalent of a few careful pinches of seasoning over a roast chicken – rather than a fistful of stuffing inside it. The process is significantly less painful than PRP (the needles are much finer) and takes less than half an hour from start to finish. In many ways, it's reminiscent of a lunchtime check-up at the dentist and I'm back at my desk easily within the hour.

It's no great revelation that Botox works – it does. But Mr Mullan has the dosage and spread down to a fine art. Over the course of the next two weeks, my forehead starts to soften like a piste after snowfall: the markings and general contours remain intact, but it's a much smoother run. Nobody asks if I've had work done, but plenty of people start noting how 'well' I look. One female friend comments how fresh-faced I am when I arrive to meet her in a bar, exhausted after a long day's work. It's a shame that the effect only lasts three to four months – these sprinkles are stardust.

I LOOK LIKE A POST-BATTLE KLINGON – A RIDGE ON MY HEAD IS CAKED IN BLOOD

By this stage, I'm feeling pretty confident. I'm clearly looking younger in the face, while on top my 'Lazarus' cut is getting borderline unruly. But I still have one of Mullan's three male clichés left to confront: my belly. For this, I head off to see Dr Rita Rakus, an aesthetic doctor and dermatologist so renowned she's become almost as feted as some of her celebrity clients.

My main concern upon entering her clinic is that, with a thoroughly average 33-inch waist, I'm not fat enough for any treatment to have a significant impact. I'm wrong. 'Oh yes,' says Dr Rakus as she administers the all-important 'pinch test' to my stomach, 'there's plenty for us to work with here, Jonathan. I think we could see a serious improvement in a few weeks.'

The cause of her optimism is Vanquish, a new body-contouring treatment that works by directing 'focused-field radiofrequency waves' at your fat deposits and heating them until they melt away. Stripped of your shirt, you lie beneath what looks like a giant Anglepoise lamp. There's a warm sensation as the radiofrequency waves decimate your defenceless fat cells, leaving your body to dispose of them naturally afterwards. For serious results, Dr Rakus prescribes six weekly sessions. Each time, I'm left on the bed with a little bell to ring if things get too hot, feeling like a cross between a rasher of bacon under a grill and James Bond in the hands of Auric Goldfinger.

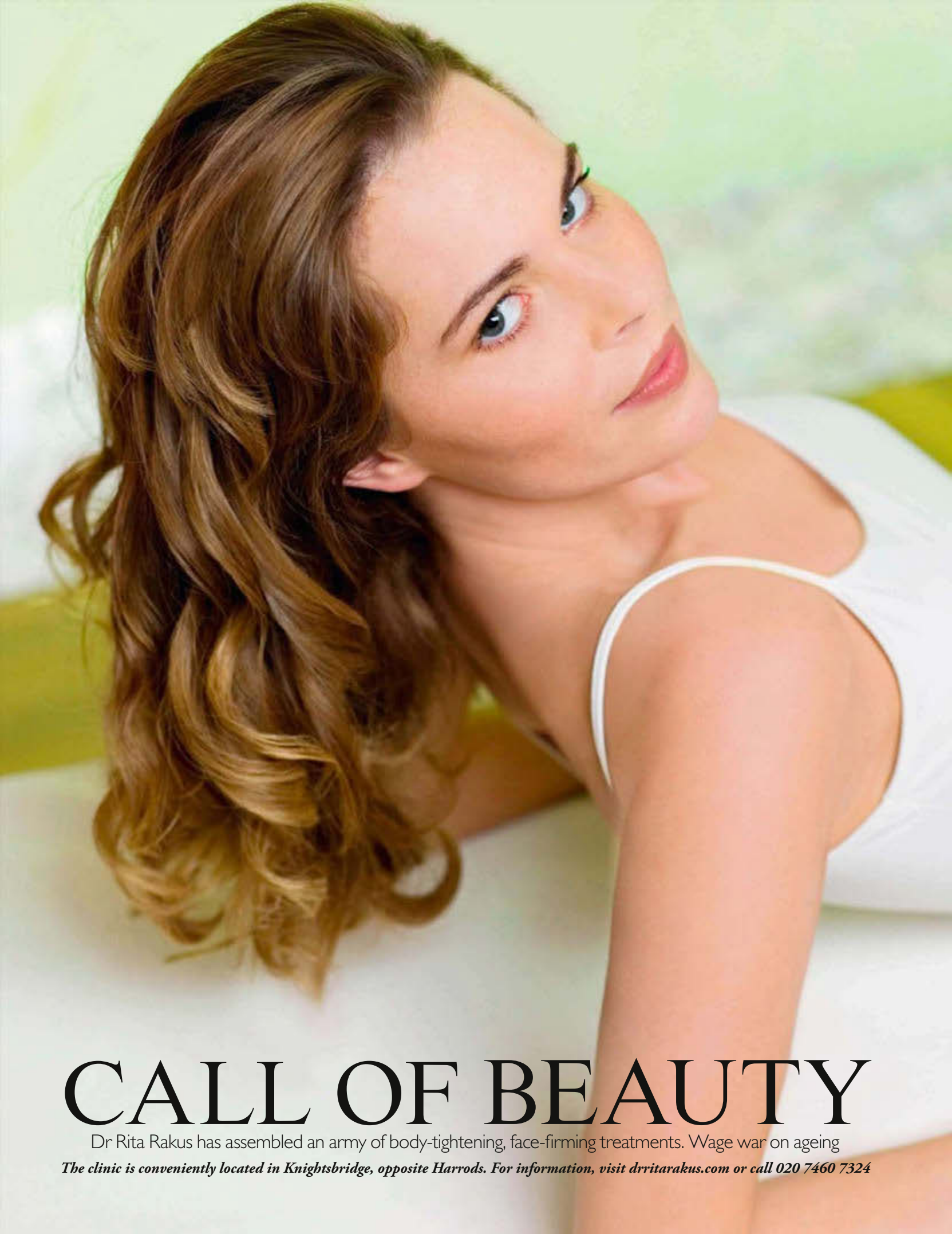
Once again, I can't deny the results. Straight away, my abdomen feels tender, as if I've done a few too many sit-ups at the gym. But within a month, I see some slight definition around my obliques. Towards the end of the process, I start waking up with a significantly flatter stomach than the one I went to bed with. The results aren't as swiftly apparent as the Botox Sprinkles, but the makers of Vanquish claim that they're permanent – once liquefied, the fat cells don't come back.

Back in the barber's chair in Tommy Guns' Soho salon, where I've been having my hair cut for the past seven years, I have to admit that I do look different in the mirror. My face appears younger, while I'm definitely thinner around the waist and thicker up top. The results of the PRP are as clearly written across Tom's face as they are across my head. 'It's insane,' remarks Tom, who can't stop poking and prodding the new growth. 'It's like land reclamation up here.'

So with prices starting from £1,300, would he recommend it to his other male clients? 'Hmmm,' he says. 'I mean, at that price it's basically going on a nice holiday or getting your hair back. But why go away if you're not confident enough to take your hat off on the beach? I'd tell them to save up and do both.' □

ADDRESS BOOK

- Absolute Aesthetics, 1 Chapel Place W1 (absoluteaesthetics.co.uk; 020 3757 7178)
- Medicetics, 37 Connaught Street W2 (medicetics.com; 020 7402 2033)
- Dr Rita Rakus, 34a Hans Road SW3 (drritarakus.com; 020 7460 7324)
- Tommy Guns, 65 Beak Street, W1 (tommyguns.co.uk; 020 7439 0777)



CALL OF BEAUTY

Dr Rita Rakus has assembled an army of body-tightening, face-firming treatments. Wage war on ageing

The clinic is conveniently located in Knightsbridge, opposite Harrods. For information, visit drritarakus.com or call 020 7460 7324

Ageing has a way of sneaking up on you, stealthily depositing wobbles, bulges and wrinkles in its wake. Fighting against this resistant enemy can be tricky, but luckily there is help at hand – Dr Rita Rakus. She's internationally known as the 'London Lip Queen', but the perfect pout is far from being Dr Rakus's only claim to fame. As an expert in all aspects of non-surgical facial rejuvenation and body contouring, Dr Rakus is perfectly placed to put some added zing into your beauty regime. She is a Fellow of the British College of Aesthetic Medicine, with over 25 years' experience in clinical practice, and is an international award winner with a huge celebrity following. From her renowned Knightsbridge clinic (handily situated opposite Harrods), Dr Rakus combats common ageing problems for the face and body.

Treatments using ultrasound and radio frequency waves, like Thermage, Ulthera, Exilis, IntraCel and Pelleve, all help to rejuvenate and tighten skin and are well established within the aesthetic field. Dr Rakus has all the latest aesthetic technology at her clinic and will tailor your treatment programme for you, to ensure that you obtain the optimum results. With no anaesthetic required and no downtime, it's hardly surprising that these are award-winning therapies.

Get ready for your close up and show ageing who's boss!

TATLER OFFER

Dr Rita Rakus is offering *Tatler* readers a complimentary VISIA skin analysis and consultation.
To book, please call 020 7460 7324 and quote 'Tatler'.

New dermatology clinic now available

FACE

FRAXEL DUAL This is a skin-resurfacing procedure that treats pigmentation and other signs of ageing. A little painful but worth it.

FRAXEL LIGHT is a more comfortable version of Fraxel and perfect for revitalising tired complexions and returning bounce to the skin.

HYDRATITE FACIAL Favoured by models for pre-catwalk preparation, this facial is truly special. It simultaneously exfoliates and hydrates the face to leave you glowing and revitalised.

ULTHERA Targeting loose facial skin, this groundbreaking treatment tones and tightens skin around the brow, eyes, jawline and décolletage.

PRECISION This remarkable, non-invasive laser facelift, performed by plastic surgeon Mr Golchin, firms and tightens the face, creating better structure. Mr Golchin is widely renowned for his expertise, having learned the procedure in America from the creators of Precision.

BODY

CELLULAZE is the laser cellulite treatment with 'wow' factor. It targets structural irregularities under the skin to banish unsightly lumps and bumps.

COOLSCULPTING Performed by Dr Galyna 'the star of Coolsculpting' this wonder treatment freezes and kills fat cells for a more contoured silhouette. The clinic has two machines, enabling dual sculpting for quicker results.

FINISHING TOUCHES

STEM CELL SERUM A potent elixir of youth from dermatologist Dr Philip Levy, featuring vitality-boosting ArganCellActive complex.

JUVÉDERM Pout-perfecting juvéderm volbella fillers make lips truly luscious and full.





HOT OFF THE PRESS

A new partnership is announced between Dr Rakus and the Capri Palace Spa. For the first time in the UK, Dr Rakus is working closely with renowned specialist Professor Francesco Canonaco. Now you can combine a wonderfully relaxing visit to the beautiful Isle of Capri with some amazing leg rejuvenation treatments, including cellulite, varicose veins, swelling and stretch marks, fully formulated by the Capri Palace Spa. This specialist centre addresses each individual ailment with a range of vasoactive substances (circulation boosting wonders) to treat legs from the inside out. The result? Sluggish circulation is given a reboot and skin's elasticity and tone is vastly improved. Bellissimo!



THE CAPRI PALACE LEG SCHOOL

BUCK INSTITUTE

Dr Rakus has been invited to sit on the Advisory Board for The Buck Institute, whose mission is to increase the healthy years of life and focus on understanding the connection between ageing and chronic disease. Her prestigious clinic will be one of the first UK centres to utilise these groundbreaking findings.

Smooth operators

The bustiest bust, the neatest nose and most sensational skin... whatever you're dreaming of, we have an expert to help you achieve it. By Olivia Falcon

BEST FOR FACELIFTS

RAJIV GROVER
SURGEON

Mr Grover, who has just finished his term as president of the British Association of Aesthetic Plastic Surgeons (BAAPS), is considered by many to be a national treasure. He is admired by his colleagues for his precise technical skill and loved by patients for his genuine kindness. Plus, his facelifts are squealably sensational. He is currently working on a study to look at the anatomy of the SMAS (submuscular aponeurotic system – the muscle layer that's lifted during surgery), as apparently, like skin, there are differences depending on your age and ethnicity. (Did you know Asian people have a stiffer SMAS, which means that they age more slowly?) Mr Grover hopes his findings will help him to individualise facelifts, offering a type of 'face couture' for even more flawless results.
Consultation, £200; facelift, from £10,600 (rajivgrover.co.uk; 020 7486 4301).

DAVID DUNAWAY
NEW ENTRY
SURGEON

This highly skilled surgeon champions minimally invasive facelifts that require a local rather than general anaesthetic. His work often features fat transfer and contouring of the face with bespoke chin and cheek implants made using hi-tech CT scans and 3D printers. 'Looking at the facial skeleton is important,' says Mr Dunaway. 'Someone with a poorly developed jaw will age much more quickly – often with neck sag – than someone with more regular features.' He is a stickler for detail when it comes to male facelifts and aims to preserve the square, masculine shape (as opposed to going down the rather pinched Bruce Jenner route). He is currently working on a project using 3D photographs of 12,000 faces to analyse how we age, which could offer an insight into current facelift techniques and how they can be improved.
Consultation, £300; facelift, from £10,000; chin and cheek implants, from £6,000 each (daviddunaway.co.uk; 020 7467 3004).

NORMAN WATERHOUSE
SURGEON

With over 3,000 facelifts under his belt and 27 years of experience, Mr Waterhouse is one of the most capable pairs of hands in the country. He runs masterclasses for other surgeons, teaching them techniques such as the London Facelift (a more subtle refreshment of features than, say, the 'wind-tunnel lifts' favoured by our Californian friends). 'Women have triangular-shaped faces that become more square – and less feminine – with age,' he explains. 'The London Facelift is about balancing the underlying muscles rather than putting tension on facial skin. The features should remain soft, and the changes should be powerful but subtle.' Known for his delicate touch, Mr Waterhouse insists that all of his patients undergo a holistic skincare programme, using SkinCeuticals serums and his range of HealGel products. His model daughter Suki is an ambassador for his Facing the World charity, which helps children from developing countries with facial deformities.
Consultation, £250; facelift, from £10,000 (norman-waterhouse.com; 020 7636 4073).

KENNETH STEWART
NEW ENTRY
SURGEON

This Edinburgh-based surgeon is a fan of fat transfer, a method of facelifting that avoids pulling skin. Instead it attempts to rejuvenate features by injecting the patient's own fat. A good idea, then, to have reserves in the crucial donor areas – bottoms are the preferred place. 'It's a total misconception that high cheekbones are key to a youthful look – it's a high facial fat pad that you want,' says Mr Stewart. 'Fat contains stem cells that have the ability to rejuvenate the face.' He can also work wonders grafting fat into thinning lips and, handily, he is an expert at ear correction too. As we age, our hairline thins and prominent ears often have nowhere to hide, so he offers a number of procedures to correct flappiness and pointiness, and to shrink stretched lobes. So no more Mr Spock jokes.
Consultation, £150; short-scar facelift, from £7,000; ear correction, from £1,000 (beyou.co.uk; 0131 316 2459).

PAUL JOHNSON
NEW ENTRY
SURGEON

Mr Johnson is a maxillofacial surgeon with a specialist interest in tackling age-related changes to the bones in the head. This includes genioplasty, which reconstructs retrusive chins to improve the jawline. Doing this can give better support to soft tissues and improve jowls and marionette lines – the deep grooves that run from the nose to the mouth. Mr Johnson, who is based in Guildford, also offers something called the 'reverse facelift', which instead of stretching the skin backward, tightens it by bringing the jaw forward. He meticulously plans the whole procedure using computers and X-rays; patients can expect a two- to three-week recovery time. For men who want a Val Kilmer-like square jaw, he offers tissue-friendly plastic chin implants.
Consultation, £250; genioplasty, from £5,300; chin implants, from £4,500; reverse facelift, from £7,500 (maxfacsurgeon.co.uk; 01483 570624).

BEST FOR NECKS

DR DIRK KREMER
SURGEON

'The neck is often overlooked, but it's one of the biggest giveaways of age,' says Dr Kremer, who offers a number of nifty solutions to turn turkey necks into more swan-like silhouettes. For less severe cases, he uses liposuction to remove the fat pad from under the chin but, if you want to stop wearing polo necks permanently, he will gently tighten the platysmal bands (the thin muscles in the neck) with a technique called the iGuide lift. The procedure, which is done under local anaesthetic, involves making tiny incisions along the jawline and inserting two long, hollow needles that have a braided thread running through them and LED lights on the tips to allow a more precise placing of the stitches. The needles are gently woven between the skin and the platysmal muscle and then pulled like a net to lift the skin, dramatically tightening the muscles along the jawline. There is little ▷

PHOTOGRAPH: KAREN RADKAI/CONDE NAST ARCHIVE/CORBIS





◁ swelling or bruising and downtime is minimal. Even the most sceptical patient should prepare to be wowed.
Consultation, £75; iGuide lift, £4,700 (harleystreetaesthetics.com; 07500 007276).

BEST FOR EYES

DR MARKO LENS
SURGEON

If your seductive stare is starting to look more like a squint, it's time to pay a visit to Dr Lens. Operating from the comfy confines of the Cadogan Clinic on Sloane Street (the nurses are the kindest in London), he removes eye bags with a laser pen rather than cutting skin, a procedure that takes just 40 minutes. For less serious signs of ageing, head to his plush Wimpole Street clinic for a tailor-made peel, which works wonders on crow's feet. Dr Lens scrutinises your skin tone and thickness to determine which combination of acids, retinols and botanical ingredients to use. He also has a selection of lasers to resurface thin, crepey skin all over the face. While you're at the clinic, make sure you pick up his new make-up range, Zelens, which includes an under-eye concealer that has a triple-action complex to reduce puffiness, dark circles and wrinkles.
Consultation, £250; custom peel, from £275; laser resurfacing, £1,500; lower-eyelid surgery, from £4,400 (markolens.com; 020 7631 3212).

RICHARD CAESAR
SURGEON

Huntin', shootin' and fishin' aren't the only country pursuits in this part of Gloucestershire. Mr Caesar's incredibly busy practice is testament to the fact that out-of-town folk are cottoning on to the merits of cosmetic beautification. Operating from the Cheltenham Nuffield and Tetbury hospitals, Mr Caesar is the West Country's eye guy. (Some Londoners travel to see him too, then head to Calcot Manor to recuperate.) He operates with a conservative hand and believes that if people notice that you've had work done, you've had too much. Most cases for upper eyelids are done under local anaesthetic but for lower lids you might want to go under general. Mr Caesar often gets great results with clever non-surgical techniques, such as injecting filler to restore volume to the mid-face, cheek and tear troughs.
Consultation, £225; lower-eyelid surgery, from £2,295 (cosmeticeyesurgery.co.uk; 01242 522475).

OLIVIER AMAR
SURGEON

Surgery is in Mr Amar's blood – both his father and grandfather were well-respected surgeons. His father is the creator of the Fat Autograft Muscle Injection (FAMI) technique, a non-surgical facelift that uses stem cells harvested from the patient's own fat. Passionate and French (from sunny Marseille rather than frosty Paris), he's suave yet serious, and has a very forward-thinking approach to tired eyes: he looks at the position of your eyebrows, the fullness of your temples and situation of your cheekbones to tighten muscles and restore volume. 'When we age, our faces tend to deflate, so you have to consider all the areas around the eye, not just the eye socket itself,' says Mr Amar. 'It is a mistake to just remove excess skin. I don't believe that a surgeon should have a trademark look – everybody needs to look different.'
Consultation, £250; upper-lid blepharoplasty, from £4,000 (cadogancosmetics.com; 0808 252 8699)

NARESH JOSHI
SURGEON

Mr Joshi is the current president of the British Oculoplastic Surgery Society and a very discreet chap – he doesn't even have a website. In spite of this, he's ridiculously in demand. Perhaps that's because he only does eyes (so he's pretty good at them). Or because he's been doing them nearly 20 years, (from tidying up hooded lids to eye reconstruction for burn victims). Perhaps it's the painless and bruiseless surgery that he advocates (he prefers to use general rather than local anaesthetic and relies on special needles that cause the blood to coagulate as they cut), or the fact that he's taught most ocular surgeons at some point down the line. 'You have to be particularly careful with surgery so close to your eyes,' he says, and urges patients to research their surgeon before signing on the dotted line. He's also a stickler for the 'rule of two', and insists that you think twice about the surgery, see two independent consultants, and meet your surgeon twice. Eye, eye.
Consultation: £250; eye surgery, from £3,250 (bupacromwellhospital.com/find-a-doctor/find-a-consultant/naresh-joshi; 020 7460 5739)

BEST FOR NOSES

RAJAN UPPAL
SURGEON

'Life-changing' is how many of Mr Uppal's patients describe his meticulous surgery, which has the power to turn the socially shy into the life and soul of the party. He uses 3D imaging to show you how your new nose will look and tries to use closed surgery (going up into the nose rather than opening it up). The results match those of open surgery but there are no scars, no overnight hospital stays and none of those dreaded nasal packs. Cocaine-casualty noses have become less of an issue, he says, but he's seeing more young women who want their Roman noses corrected ('They blame those on their fathers!'). Post-op, he recommends a special massage technique and in some cases a nasal clip, which patients wear at night for a few weeks to help refine the tip.
Consultation, £50; rhinoplasty, from £5,500 (rajanuppal.com; 01753 664085).

CHARLES EAST
SURGEON

Tricky things, noses. Did you know that up to 30 per cent of people who book in for a nose job need a further operation to revise and refine their look? Not so with Mr East, who nails it first time round. Mr East still champions minimally invasive techniques using an endoscope (a telescopic device that's inserted up the nostril) and reports significant advances in shaping nasal bones with new micro-power tools. He uses delicate instruments that allow him to remodel the nasal bridge in the most precise way ▷

PHOTOGRAPH: JOHN RAWLINGS/CONDE NAST ARCHIVE/CORBIS



SHE'S A NATURAL

As Dr Mountford marks 25 years in the cosmetic industry – and launches her new Cosmetic Skin Clinic premises in London – we take a look at the superlative service clients can expect, and her secret to understated beauty

Experts not only stand the test of time but move with it – innovating, trailblazing and adapting. So it is that Dr Tracy Mountford (MBBS MBCAM) has maintained her position over the last 25 years as one of the most respected professionals in the cosmetic industry. A pioneer of non-invasive cosmetic techniques, founder and medical director of The Cosmetic Skin Clinic, Dr Mountford has earned a reputation for her delicate touch and natural-looking results, akin to airbrushing the face. She has established herself as one of the most sought-after key opinion leaders in her field and is well recognised as a regular international speaker within the cosmetic industry.

It is hardly surprising then, that The Cosmetic Skin Clinic has achieved such renown with so esteemed a figure at the helm. From the flagship clinic in Buckinghamshire to the new Upper Wimpole Street clinic in London, it is one of the most respected non-surgical practices in the UK. Clients (which include Hollywood A-listers and even royalty) can expect the highest-quality treatments from a skilled team handpicked and personally trained by Dr Mountford herself.

Known for natural enhancement and a 'less is more' approach to beauty, the team approaches the initial assessment of a patient with unrivalled precision, developing a detailed treatment plan to keep lines, wrinkles and sagging at bay. Unsurprisingly, The Cosmetic Skin Clinic has many accolades to its name. Most recently (and for the third year running), it has scooped the top European award for Coolsculpting, as the number one clinic of excellence offering this innovative, non-surgical, fat-freezing, body-contouring treatment. It has also achieved the highest user award for the fourth year running for Thermage skin-tightening treatment, which firms skin on the face and body. Thermage is often used in combination with Coolsculpting to heighten the wow factor. In addition, the clinic received the 'Ultherapy Ultra Premiere Treatment Provider 2014' award. Ultherapy is the only FDA-approved treatment procedure to lift the eyebrow, neck and under the chin. With all this in mind, it's no wonder that their waiting list grows ever longer. Indeed, from total facial rejuvenation to body contouring and sculpting, The Cosmetic Skin Clinic is on speed dial for a growing number of clients. One thing is for certain; you can feel safe in the knowledge that you'll be in good hands at The Cosmetic Skin Clinic.

She is a master at combining cosmetic treatments to generate a natural, rejuvenated lift – akin to airbrushing the face

Dr Tracy Mountford at The Cosmetic Skin Clinic, 1 Upper Wimpole Street, London W1G 6LA.
For all appointments, please call the clinic on 01753 646 660. For more information, visit cosmeticskinclinic.com

◁ without damaging or bruising skin, which means less trauma, less bruising and less risk of unwanted bumps.
Consultation, £230; rhinoplasty, from £6,000 (150harleyst.com; 020 3075 3186).

MARK SIMMONS
NEW ENTRY
SURGEON

No need to snivel if life has dealt you an unfortunate snozzle – Mr Simmons, a Birmingham-based ENT surgeon, tackles a range of problems from humps that need reducing, bridges that need narrowing and large, look-at-me honkers that need to be set back into the face in a far friendlier way. He is all about managing realistic expectations – so don't bring pictures of Nicole Kidman's neat little ski-slope nose if you've got a huge hooter; it's all about subtle refinements that will suit your features. Mr Simmons uses both open (peeling back the skin at the tip) and closed (going up the nostril) techniques, and he is one of the few people in the UK to offer Coblation rhinoplasty – gently shaving and sculpting tissue in cases of rhinophyma (bulbous nasal skin), using a radiofrequency 'plasma wand'.
Consultation, £150; rhinoplasty, from £5,500 (birminghamrhinoplasty.com; 0121 605 1884).

BEST FOR LIPS

DR RITA RAKUS
COSMETIC DOCTOR

Pucker up for Dr Rakus's new Diamond Lip treatment, which offers a two-tier solution for thin lips. First, she subtly shapes and increases fullness with injections of Emervel, the latest-generation filler that not only plumps skin but stimulates collagen production too. Next, she works around the area with a new U225 mesotherapy gun. This injects a cocktail of hyaluronic acid and vitamins into the subcutaneous fat to iron out creases, firm skin and minimise barcode lines above the lip. While you're at it, ask her to blast those fine lines on your face too, as the U225 can also tackle wrinkles and, when used on the body, works wonders on stretch marks. Her Knightsbridge clinic is a hotbed of talent. In-house dermatologist Dr Maria Gonzalez offers mole monitoring and Revlite, a new laser treatment that corrects resistant brown spots and pigmentation on darker skin. Meanwhile, Dr Galyna Selezneva is the woman to see for neck-tightening procedures, using the new PelleFirm radiofrequency system.
Consultation, free; Diamond Lip treatment, from £660; Revlite, from £200; PelleFirm, from £600 (drrakus.com; 020 7460 7324).

BEST FOR HAIR LOSS

DR ASIM SHAHMALAK
HAIR TRANSPLANT SURGEON

The handsome and newly hirsute Calum Best and Dr Christian Jessen are the poster boys for Dr Shahmalak's considerable talents in hair transplanting. Based in Manchester, with satellite clinics in London and Dublin, he offers both follicular-unit extraction (FUE), where individual hairs at the back of the head are transplanted to receding areas, or the more cost-effective follicular-unit transplantation (FUT), where sections of scalp at the back of the head are cut out and grafted to the front hairline. He also reports a rise in demand from women wanting eyebrow and eyelash transplants, thanks to Cara Delevingne, who has flipped the fashion for overplucked brows into a bushier look. These use hairs taken from the back of the head, which are planted onto the eyelid or brow bone.
Consultation, £100; FUE, from £5,000; FUT, from £4,000; eyelash and eyebrow transplants, £4,000 (crownclinic.co.uk; 0845 2100300).

BEST FOR BOTOX & FILLERS

DR TRACY MOUNTFORD
COSMETIC DOCTOR

Straight-talking, swift-handed and super-discreet, Dr Mountford ticks all the boxes of what you want from a cosmetic doctor. Although she's the bomb at Botox, fillers are her forte and she makes light work of some of the trickier procedures, such as injecting tear troughs to soften eye bags and refresh tired eyes. She gives lift to cheeks without over-puffing them and can recontour wobbly-looking jaws. Her HQ is in Buckinghamshire, but she has recently opened a flagship clinic on Wimpole Street, offering skin-tightening treatments including Ultherapy, INTRAcel, and CoolSculpting, which can shape flabby knees and eliminate small rolls of fat around the armpit. If you can't see the lady herself, her crack team of cosmetic nurses are among the most experienced in the country.
Consultation, £150; fillers, from £250; CoolSculpting, from £550; Ultherapy, from £1,200 (cosmeticskinclinic.com; 01753 646660).

DR JEAN-LOUIS SEBAGH
COSMETIC DOCTOR

If you haven't heard of Dr Sebagh, you must have been on Mars. He's the emperor of anti-ageing and always at the epicentre of the social scene. Off-duty, you might find him sunning himself on the deck of Sir Philip Green's superyacht or out on the town with supermodel Cindy Crawford. When it comes to business, the old combination of Botox and fillers is still on the menu at his Wimpole Street clinic, but it's a new duo of treatments he's most excited about. First there's Ultralift – a machine from Korea that uses ultrasound to lift and tone loose muscle (it also has a setting to iron out fine lines on the face, neck and chest). Then there's Silhouette Soft, which uses super-fine threads to lift the face. 'These are the new look,' says Dr Sebagh. 'It's the beauty world's Christian Dior moment. If you use them as a maintenance treatment before serious sag sets in, you won't need a facelift. *C'est magnifique.*'
Consultation, free; Silhouette Soft, from £1,200; Botox, from £450; Ultralift, from £700 (drsebagh.com; 020 7637 0548).

DR NICK LOWE
DERMATOLOGIST

Dr Lowe is a pivotal person in the world of anti-ageing and one of the most trusted names in the business. And when it comes to skin, he's a great all-rounder. From his Cavendish Square base he offers everything from a weekly drop-in clinic to treat adult acne (look out for his new anti-blemish range available at Boots) to trailblazing treatments (he is researching Kythera fat-dissolving injections to treat double chins). Right now, he's focusing on his filler work. 'We've moved away from chasing lines around the mouth and only filling the cheeks,' says Dr Lowe. 'The new way to use fillers, and one type of Botox, allows us to lift the face by targeting specific areas.' He is particularly interested in Emervel, a new-generation hyaluronic acid filler that lifts as well as revolumises the face.
Consultation, £350; fillers, from £450 (drnicklowe.com; 020 7499 3223).

DR TAPAN PATEL
COSMETIC DOCTOR

Dr Patel is a whirlwind of creativity. When he's not lecturing around the world on the latest lasers or teaching other doctors the most advanced new Botox and filler techniques, you'll find him at the helm of his glittering, all-white Phi Clinic, which houses the largest laser suite in the UK. They've got more than 35 different lasers that tackle everything ▷



PEARLS OF WISDOM

Let the team at Metamorphosis orthodontic clinic give you a whole new reason to smile

Your smile is one of the first things people notice about you. Good teeth can be a winning asset. How do yours shape up? A little crooked? Never fear. The good news is that it's never too late to correct that snaggle tooth that's been niggling you, or straighten out wayward teeth. Metamorphosis has an array of fixed and removable braces available – and also features the latest technology in invisible braces. A show-stopping smile recaptures the brightness of youth and rejuvenates the appearance. Think of it as a mini facelift for your mouth!

Metamorphosis clinic treats children, teenagers and adults alike, and has been transforming patient's pearly whites at their premises on the New Kings Road in London for over eight years. Whether it's for medically driven reasons (correcting the effects of thumb-sucking and overcrowding) or simply aesthetic purposes, Metamorphosis can straighten teeth beautifully. All conditions are addressed by a specialist orthodontic team which includes Dr Neil Counihan, Dr Mark Vaughan, Dr Sarah Akram, Dr Faranak Modarai and Dr Gerry Bellman.

Their holistic approach to treatments takes the whole face into account – the jaw, profile and muscle structure – when advising patients. This gives you a truly tailored result and a red carpet-ready smile. A wise choice for the whole family – prepare to dazzle!

TATLER READER OFFER

***Tatler* readers of all ages can enjoy a free consultation worth £125 until April 30th 2015. To book, call 020 7731 1077 or visit metamorphosisorthodontics.com**

BRACE YOURSELF

DAMON BRACES

These discreet braces produce results fast, with less pressure on teeth than conventional braces. A more comfortable treatment experience.

INVISALIGN CLEAR BRACES

Almost completely undetectable, Invisalign are the latest in invisible brace technology. Unlike some other orthodontic treatments, they can be removed for eating – so you can still enjoy all your favourite foods.

LINGUAL BRACES

Lingual means 'close to the tongue' – they are placed behind the teeth, out of sight, and are ideal for correcting misaligned teeth and bite problems.

Metamorphosis, 109 New King's Road, London SW6. For further details, call 020 7731 1077 or visit metamorphosisorthodontics.com



◁ from wrinkles (CO_2 laser) to sunspots (Revlite) and thread veins (Vbeam). There's even a device called a miraDry that uses microwave technology to eliminate sweat glands. Dr Patel has a strict no-pressure policy and is against rushing people into procedures (hooray!). He's highly personable and knowledgeable and loves treatments that offer high-impact/low-pain results without any of the telltale signs – and has a machine for virtually every kind of skin complaint. *Consultation, £195; fillers, from £245; Botox, from £195; CO_2 laser, £500; Revlite, £350; miraDry, £2,000; Vbeam, £250 (phiclinic.com; 020 7034 5999).*

DR MAURICE DRAY
COSMETIC DOCTOR

The master of the mesolift (painless micro-injections that instantly freshen up skin), Dr Dray has some cunning new tricks to put some va-va-voom into flagging faces. For those who don't like the sound of Botox, he offers the Crown Lift – minuscule injections of hyaluronic acid in the hairline and behind the ear that make skin appear taut rather than fraught. If you feel that your whole face is heading south, there's Dr Dray's 10-Minute Facelift – strategic injections of calcium hydroxyapatite (gel containing microspheres of phosphorous and calcium), which cause collagen fibres to contract to treat sagging and tighten the skin. Effects last 10–15 months. *Consultation, free; Botox, £250; Crown Lift, from £400; 10-Minute Facelift, from £400 (drdray.co.uk; 020 7937 1031).*

DR MICHAEL PRAGER
COSMETIC DOCTOR

When it comes to administering Botox, Dr Prager has needlework skills to rival those of a couture seamstress. Although he excels at shaping the lower face with injections around the jaw line, it's facial fillers that he's raving about. 'I think that the new-generation fillers are going to replace Botox for treating frown lines,' he says. 'I treat foreheads very successfully with Belotero, a super-fine filler injected into the superficial layers of the skin.' If needles aren't your thing, he is in the process of opening a new clinic on Wimpole Street that will feature spa-like rooms, where his menu of Superfacials will combine pampering and medical elements for a pearl-like glow. Seriously. His therapists were trained in special facial-massage techniques by a Chinese monk. *Consultation, £200; Belotero, from £440; Superfacials, from £295 (drpragerclinic.com; 020 7323 3660).*

DR JULES NABET
COSMETIC DOCTOR

Dr Nabet is the king of needle procedures, offering everything from straightforward smoothing for crinkly foreheads to the most advanced Botox techniques that lift jowls, correct gummy smiles and – wait for it – boost boobs. Rather than freezing your assets, breast Botox lifts and smooths the décolletage to firm up crepey skin. He is also very proud of his new Swiss-made Fillerpen, which, his patients say, is about 50 per cent less painful than normal cosmetic injections. It delivers precise droplets of filler, so is great for treating the delicate tear-trough area. *Consultation, free; Botox, from £280; breast Botox, from £250; fillers, from £300 (julesnabet.com; 020 7938 2195).*

DR RICHARD SIBTHORPE
COSMETIC DOCTOR

As paparazzi shots of fish lips and gargoyle cheeks abound, the idea of filler often fills people with dread. The affable Dr Sibthorpe, however, offers a far more enchanting proposition with his gentle Liquid Facelift. He uses Sculptra, a tried-and-tested facial filler that's injected through a blunt cannula and delivered at different layers onto the bone and skin. He creates soft curves from the temples to cheek, giving a lift to the eyebrows and under the eyes, and correcting tear troughs, laughter lines and jowls. Sculptra also works to stimulate the body's own fibroblast cells, creating collagen gradually, so you get a very natural effect that takes three to six months to develop and can last for up to two years. *Consultation, £120; Liquid Facelift, from £1,500 (drrichardsibthorpe.com; 020 7052 0070).*

NEW ENTRY DR NATALIE BLAKELY
COSMETIC DOCTOR

Perky and professional, Dr Blakely has a very positive can-do attitude that's contagious. Her luxury Light Touch clinic in Weybridge offers a plethora of whizzy treatments but she is particularly fond of INTRAcel, a combination of medical microneedling and radiofrequency, for thicker, plumper and more lifted skin. She also offers bespoke IV vitamin drips that hydrate you from the inside out – handy for days when you look like Gollum. Her team will shake up your cleansing routine with some cutting-edge skincare: Blakely trained with Dr Zein Obagi in Beverly Hills and is a fan of his ZO skincare range. *Consultation, free; Botox, from £300; dermal filler, from £450; IV drips, from £200; INTRAcel, from £995 (lightouchclinic.co.uk; 01932 849552).*

NEW ENTRY DR NICK MILOJEVIC
COSMETIC DOCTOR

Eye bags. They just make you want to cry, don't they? But crying never made anyone look pretty. Deep breath, man up and head over to Dr Milojevic's treatment room on ▷

PHOTOGRAPH: CLIFFORD COFFIN/CONDE NAST ARCHIVE/CORBIS

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Cranley Clinic
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During the procedure you may experience deep pulling, tugging, pinching, numbness, or discomfort. Following the procedure, typical side effects include temporary numbness, redness, swelling, bruising, firmness, tingling, stinging, and pain. Rare side effects may also occur. The CoolSculpting procedure is not for everyone. You should not have the CoolSculpting procedure if you suffer from cryoglobulinemia or paroxysmal cold hemoglobinuria. The CoolSculpting procedure is not a treatment for obesity. As with any medical procedure, ask your physician if the CoolSculpting procedure is right for you.

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coolsculpting

◁ Harley Street (he has a bigger, plusher clinic in Zagreb, if you're in the area) for his non-surgical eye-bag removal treatment. This snappy procedure uses artfully placed filler to treat the tear troughs, making it a significantly less eye-watering option than surgery. Milo, as his friends know him, is also a Botox genius. Tennis ace Goran Ivanisevic has written a gushing testimonial on his website thanking him for curing his excessive sweating with Botox injections. There is little this man can't do with a needle.
Consultation, £120; non-surgical eye-bag removal, from £500; Botox, from £250; fillers, from £370 (miloclinic.com; 020 7100 1234).

NEW ENTRY

DR BARBARA KUBICKA
COSMETIC DOCTOR

Based in a smart mews house near Cadogan Square, Dr Kubicka is a huge hit with the Knightsbridge school-run mothers, oligarchs' wives and serial shoppers who patrol Chelsea's streets. She's plucky, Polish and, at the tender age of 33, looks far too young to be an authority on Botox – but she is. Having trained with Dr Charles Gadreau (arguably the most established aesthetic doctor in Paris), she's also worked in the psychiatry department at West Middlesex University Hospital, so she's big on promoting confidence and getting to the root of how appearance can be a focus of internal worries. She is great at sculpting with fillers and does lots of work on the lower face. After all, what's the point in having that to-die-for diamond necklace if you don't have the jawline to match?
Consultation, £100; Botox, from £275; fillers, from £400 (clinicbe.com; 020 7125 0521).

BEST FOR SUN DAMAGE

NEW ENTRY

DR RICHARD BARLOW
DERMATOLOGIST

With a special interest in skin cancer, this South African is the saviour of English roses who have wilted in the sun. He offers a range of laser treatments such as Fraxel for skin resurfacing and KTP for the invisible mending of broken capillaries, rosacea and brown marks. Dr Barlow also offers on-site analysis and treatment of skin cancers, including Mohs micrographic surgery, a very precise and effective way of removing and examining tissue; it keeps wounds small and cure rates high. His advice for sun worshippers? 'Keep roasting for your Sunday lunch rather than a fry-up on the beach.'
Consultation, £250; Mohs surgery, from £950; Fraxel, from £475; KTP, from £350 (richard-barlow.org; 020 7881 0924).

NEW ENTRY

DR ALEXIS GRANITE
DERMATOLOGIST

Dr Granite sports Tabitha Simmons boots and perfect skin; she's also an American Board of Dermatology certified consultant. She has expertise in general and cosmetic dermatology, with a focus on skin cancer and mole screening, and offers mole mapping with a new computer-based machine. It takes full-body photos and zones in on suspicious areas to give a more in-depth reading – so there's no need to slice and dice skin unnecessarily. She's also hot on inflammatory skin disorders and has a special interest in women's dermatology, including hormone-related conditions such as pregnancy acne, hair loss and hair growth in places you don't want (your chin, for example). She completed her training at New York-Presbyterian Hospital, one of the leading dermatology centres in the US. Her American patients want her home – but we're not giving her back.
Consultation, £250; mole mapping, £300 (cadoganclinic.com; 0870 864 8500).

BEST FOR HORMONES

NEW ENTRY

DR LYNETTE YONG
COSMETIC DOCTOR

What's the point of looking younger if you feel ancient and craggy? For increased body strength, shinier hair and nails (and a minxier libido), book in with Dr Yong, who offers revolutionary bio-identical hormone replacement therapies. These use hormones synthesised in a lab either from soy or yam, which she believes are preferable to more commonly used ones, some of which are derived from pregnant-mare urine. Dr Yong aims to rebalance the homones of a woman in her 50s to match that of someone in their 30s. Prepare to bounce out of her clinic.
Consultation, £300; bio-identical hormone therapies, from £300 (consultingroom.com; 07866 436373).

BEST FOR SMILES

DR NEIL COUNIHAN
ORTHODONTIST

Adult braces are big business for Dr Counihan, who is on a mission to rid us Brits of our reputation for wonky teeth. 'It used to be only teenagers who were dispatched for treatment,' he says. 'But now, with the advance of dynamic braces such as Invisalign, which can transform your smile in six months, mums, dads and even grandparents are signing up.' Indeed, on our last visit to his clinic in Parsons Green, we spotted a Sixties supermodel in the waiting room. So what can braces do for us old-timers? 'As we age, teeth tend to crowd in the mouth, pushing features out in an unflattering way. Teeth are also far easier to clean when they are straight, so you avoid gum recession too,' says Dr Counihan. He reports that with advances in implants, the dreaded set of dentures are well and truly a thing of the past. For his clients, it's all about having your own teeth in the right position.
Consultation, £125; Invisalign braces, from £3,500 (metamorphosisorthodontics.com; 020 7731 1077).

DR MARK HUGHES
DENTIST

Dr Hughes's snappy surgery offers a deluge of lip-smacking treatments for teeth. Patients are impressed by his thorough consultations – gums, jaw joints and even your chewing action are scrutinised. He also checks for signs of oral cancer (sadly more common than you'd think). On a lighter note, there's Enlighten teeth whitening, which combines in-surgery sessions with take-home customised bleaching trays. There are also three on-site orthodontists to deal with the rising demand for adult braces. Treatments often combine a brief stint of train tracks with state-of-the-art porcelain veneers to get dazzling results in record time. On your way out, grab a tube of Regenerate, a new toothpaste that helps rebuild enamel that's been worn down by an acidic diet. Champagne Charlies, take note.
Consultation, £150; porcelain veeners, from £795; Enlighten whitening, from £395 (harleystreetdentalstudio.com; 020 3393 3621).

NEW ENTRY

DR JAN OVERTURF
DENTIST

Dentists are scary, but no one can be scared of a man who wears such cheerfully stripy socks. Dr Overturf is against aggressive dental treatments such as excessive filing of the fangs for veneers or cutting teeth into stumps for crowns. Phew. He's a conservative kind of a guy and his business is all about building up and remodelling your milky whites with sophisticated resin work rather than cutting away. He does the prettiest, most undetectable white resin ▷

“It gives you more confidence and a new lease on life.”

Marilyn.

Facelift and fat transfer patient

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◁ fillings, and has laser scanners at his disposal to help build you new teeth should your old lot be shot. Basically, he's pretty much the tooth fairy for grown-ups.
Consultation, from £130; veneers, from £1,500; white fillings, from £500 (dawoodandtanner.co.uk; 020 7935 0080).

BEST FOR BREASTS & TUMMIES

PATRICK MALLUCCI
SURGEON

What makes the perfect pair of boobs? Mr Mallucci thinks he has the answer. He's just published a paper surveying more than 1,000 men and women and discovered that the notion that men like big balloons, while women favour a more refined size, is simply not true. It's not size that counts, it's shape – and, based on his findings, he is designing a teaching template for surgeons around the world to help them achieve the most natural look. His mission is to enhance rather than distort – so don't expect him to pump up the volume unless you've got the ribcage and shoulders to carry it off. He favours teardrop-shaped implants and the majority of his cases are now treated as day procedures, so there are no more expensive overnight hospital stays. He is also increasingly using fat transfer as an alternative to implants or to even out and give symmetry to lopsided breasts.
Consultation, £250; breast surgery, from £7,500 (patrickmallucci.co.uk; 020 7901 8502).

ALEX KARIDIS
NEW ENTRY
SURGEON

Stop those man-boob jokes before they get out of hand and visit Mr Karidis, who has numerous canny techniques to combat 'moobs'. He uses liposuction to remove excess fat, and might make a very small incision just under the nipple to extract the breast gland to flatten the area and give more definition to the pectoral muscle. The end result? Your man can puff his chest up with pride on the beach. For women, Mr Karidis specialises in Ultherapy on the décolletage, which irons out the skin with ultrasound that stimulates collagen and elastin production. Be warned: it's highly effective but boy, does it hurt.
Consultation, £100; gynecomastia/liposuction for man breasts, from £4,900; Ultherapy, from £1,000 (karidis.co.uk; 020 7432 8727).

ADAM SEARLE
SURGEON

'In the aftermath of the PIP implant scandal, a lot of women are asking to have implants removed,' reports Mr Searle. 'People have a different outlook on boob jobs that is considerably less gung-ho than in days of old. A lot of older ladies are now opting for uplifts without silicone.' So what's the trick? Mr Searle uses patient's own tissue, by reconstructing the skin envelope with lots of internal stitching and fat transference (usually sucked out of other fleshy areas such as bums and tums) to fill and shape the breast. In some cases, if someone has longstanding implants and skin has become very thin, he might also use animal-derived collagen sheets. These little straps work like a hammock to support your own tissue and are used to create a slightly smaller but just as shapely breast.
Consultation, £250; breast augmentation, from £5,000; breast reduction, from £5,500 (consultantplasticsurgeon.co.uk; 020 7927 6515).

GUY STERNE
NEW ENTRY
SURGEON

Based in Birmingham at the West Midlands Hospital, Mr Sterne performs a lot of mastopexy augmentations, which combine breast implants with an uplift in one go. It's a more affordable option and requires significantly less downtime than two separate procedures. A fiend for detail, Mr Sterne also takes time to get the right size breast, measuring the chest wall to ensure it's in proportion to the patient's frame and always accounting for what he calls 'boob greed'. 'Many patients often think they want a size larger than they actually need,' he says. 'While I never dictate what size they ultimately choose, we use special "chicken-fillet" pads that they wear in customised bras to give an indication of the weight.'
Consultation, £100; breast augmentation, from £2,995; mastopexy augmentation, from £6,210 (guysterne.co.uk; 0121 361 8008).

CHRIS INGLEFIELD
SURGEON

As one of the first clinics in Europe to study lightweight breast implants, Mr Inglefield believes he has found the latest surgical advance. These new implants contain a gel that incorporates minute sicilate balls, which makes them about a third lighter than traditional ones, giving a softer, more natural feel. The reduced weight also means less stretching of the breast tissue, so less distortion or drooping of the boobs over time. All being well with the studies, the new implants should be available in a matter of months. 'This is one of the most exciting breakthroughs in cosmetic surgery for 20 years,' says Mr Inglefield.
Consultation, £250; breast augmentation, from £5,700 (lbps.co.uk; 020 7487 0900). ▷



PHOTOGRAPH: HORST P HORST/CONDE NAST ARCHIVE/CORBIS



HOLDING BACK TIME...BEAUTIFULLY

Dr Philip Connell offers the perfect blend of art and science

'For regular clients, he can produce a Peter Pan effect – people may ask why you never seem to age. Be ready with an answer – eating more fruit, drinking plenty of water'



A doctor and dentist, Dr Philip Connell is one of only a handful of doubly qualified cosmetic surgeons in the world. With full Fellowship of the Royal College of Surgeons, more than 25 years of clinical experience and even television appearances to his credit, Dr Connell is a recognised expert in his field. Approachable and easy to talk to, he effortlessly reassures patients at his clinic (conveniently located on Harley Street). Over the years, he has perfected his art, allowing him to move away from surgical intervention to concentrate on minimally invasive, non-surgical techniques. He has developed and refined these himself, so that the result is as naturally beautiful as you can be!

His secret? He is so skillful that that even your closest friends will be unaware of his work. It's simply a younger, fresher, brighter you. As one celebrity patient commented: 'It's me, but on a *really* good day... every day'. It's why many of his patients describe him as 'the secret that no one shares!'

Dr Connell's client list includes actresses and models, as well as high profile business people and, very tellingly, other doctors – and even royalty. Many attribute their youthful looks to lifestyle changes – no pillow faces or distortion here! Make an investment in yourself for a new radiant complexion.

TATLER OFFER

Contact Dr Connell's office for a free consultation and your own personalised treatment plan. He understands your individuality and therefore looks at the whole you when assessing the best treatment options. With all the latest treatments at his fingertips, he will tailor a treatment plan just for you.

FIVE MINUTES WITH DR CONNELL

Q. How does Thermage compare with a facelift?

A. If we compare the skin to a pair of jeans that have become loose with wear, a facelift is like cutting out some of the fabric, to tighten the jeans, with a new seam (scar) and distortion/rotation of the fabric. Thermage is like simply putting the jeans on a hot wash and making the actual fabric firmer and tighter, with no distortion or scars. So it is a much more natural-looking lift, with no wind tunnel effect and the bonus of firmer-feeling skin.

Q. How long does it take for the full results to show and will my friends know I've had it done?

A. There is no downtime after Thermage treatment – you can even wear makeup immediately afterwards. Thermage continues to improve skin for six months after treatment. The new collagen produced results in improved firmness and lifting of the skin. As this happens gradually, friends will not see a sudden change from one day to the next. They will believe that lifestyle changes are the cause of your more youthful appearance.

Q. How many treatments do I need?

A. This is computer-controlled, medical-strength radiofrequency therapy so, in the right hands only one treatment is needed to get amazing results.

Q. How much does it cost?

A. Prices start from £1,795

10 Harley Street London W1G 9PF Tel: 020 7385 7545. drphilip.co.uk 19 St John Street, Manchester M3 4DS

NEW ENTRY

GARY ROSS
SURGEON

Wouldn't it be great to throw away that yellowing pair of Spanx or swap your one-piece for a bikini? Mr Ross, who is based in Manchester, is the man who may very well be able to make these dreams come true. He specialises in all kinds of abdominal rejuvenation: for a thinner person with baggy skin below the tummy button he recommends the mini tummy tuck, which removes excess skin through a small incision without undermining your whole abdomen; muscles can be tightened if required. For more weighty issues, he might suggest a total body lift, which is a total life-changer. He makes a discreet incision in the crease of the bottom, which runs around flanks, above the groin and across the bikini line, effectively removing a 'belt' of skin: lifting everything up, tightening the buttocks and removing that muffin top. He also advocates a bit of a military mobilization programme post-surgery to get you up and about, eating and drinking on the day of surgery, and back home the very next day.

Consultation £100; mini tummy tuck, from £4,500; total body lift, from £9,000 (garylross.com; 0845 4688446)

PAUL BANWELL
SURGEON

If you have a tribe of children and the scars to match, Mr Banwell is pretty much a one-stop shop for a mummy makeover. He has clinics in East Grinstead and central London, and deals with an array of concerns, from stretched labia to tyre-stacked tummies and sagging breasts. He's also a lead investigator for an international study on breast implants using new materials that 'integrate' better and maintain a more natural shape. On top of that, he is an expert at Caesarean-section scar revisions and has a patent on a new device that uses top-secret pressure technology to eliminate unsightly marks.

Consultation, £130; labiaplasty, from £4,000 (paulebanwell.com; 0845 260 0261).

BEST FOR LEGS

PROFESSOR MARK WHITELEY
VASCULAR SURGEON

Part geek, part guru, Prof Whiteley could give a vampire a run for his money on his knowledge of veins and how to drain them. His empire is expanding, with clinics in Guilford, Bristol, London and East Grinstead. He is excited about a new version of the gold-tip laser that is proclaimed as the best way to treat varicose veins. Unlike procedures of old, there is no cutting or stripping involved; he simply ultrasounds the leg to locate the vein, then fires a laser, via a super-thin cannula, up the vein to shut it down. He is also trialling a new jet device that delivers local anaesthetic from inside the vein to the surrounding tissue, so patients don't need to have painful injections through the skin. For smaller veins, he is championing a new and incredibly safe foam sclerotherapy technique. The foam used to block the vein is made with special gases that absorb very quickly into the bloodstream, in contrast to other places where air is sometimes used, which can – in a very few cases – cause people to have mini strokes.

Consultation, £176; gold-tip laser, from £2,000, foam sclerotherapy, from £830 (thewhiteleyclinic.co.uk; 020 3757 7180).

NEW ENTRY

HASSAN SHAABAN
SURGEON

You know how some men think that they're God's gift to women? Well, Mr Shaaban really is. With clinics in Liverpool and London, he was the first to introduce Cellulaze to the UK. This is a hi-tech version of liposuction that tackles fat *and* cellulite in one hit. The procedure works by using a laser probe under the skin to heat and liquefy the fat; it is then gently pressed out. The laser energy stimulates collagen production to tighten skin as well as break down unsightly bulges by heating and dividing the fibrous bands under the skin. The result? Smoother skin and less dimpling. Post-op, he puts patients on a programme of lymphatic drainage massage. 'It's all about using mechanical massage to encourage circulation in the area rather than fancy cellulite creams,' he says. Bottoms up.

Consultation £145; Cellulaze, from £3,000 (phiclinic.com; 020 7034 5999). □



PHOTOGRAPH: FRANCES MCLAUGHLIN/CONDE NAST ARCHIVE/CORBIS



SERUM REPAIR
This moisturising miracle works day and night to quench thirsty skin. The face appears smoother with lines plumped out.



CREAM OF THE CROP

Dr Jean Louis Sebagh – the world famous cosmetic doctor with renowned clinics in London and Paris continues to develop his award winning range of anti-ageing skincare. His expertise, bottled

As we age, our skincare regime becomes ever more vital. With fine lines, dark spots and loss of elasticity to battle, the skin needs a helping hand to maintain its natural glow. How much better if the helping hand is from an acknowledged expert who specialises in anti-ageing treatments?

Dr Sebagh, who began his career as a cosmetic surgeon, was keen to move away from traditional surgical intervention and the knife. Coining the phrase 'age maintenance', he developed a softly-softly approach to facial rejuvenation, both in his clinical procedures and his line of skincare products. We wouldn't expect anything less from a pioneer of anti-oxidant use in serums and creator of the now famous 'meso glow' (mesotherapy injections with a vitamin cocktail). Each of Dr Sebagh's products is fortified with a powerful blend of ingredients designed to revitalise and refine. It is pure goodness for the skin, used by Dr Sebagh in his clinics and praised by specialists the world over. Available to buy now at drsebagh.com – spring clean your skin!

PLATINUM GOLD ELIXIR
A potent formula containing 24k gold and platinum to tighten and firm skin. Pure opulence.





SIGNATURE SERUM
Efficient cell renewal is the essence of younger looking skin. This potent, hydrating serum boosts cell renewal for a fresher, brighter you.



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All silkiness, no oiliness, this sweet-smelling, moisture-packed serum is ideal for dry, sensitive skin.



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Vitamin C applied topically has a powerful anti-oxidant effect. This unique powder-cream illuminates the face, diminishing hyper pigmentation for brighter, clearer skin.

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Jam packed with age-defying ingredients like resveratrol, this serum endows face, neck and décolleté with the glow of youth.



Dr Sebagh and his team of experts are at 25 Wimpole Street, London W1G For further details, please call 020 7637 0548 or visit drsebagh.com



BOOSTER ROCKET

For those yet to come across the charms of **Dr Levy**'s Booster Serum, £290, and its wrinkle-fighting ways, here's a plan: head to the Face Gym at Selfridges and make yourself acquainted with the new Dr Levy 15-minute Intense Stem Cell Activator facial, £30. It rattles the cage of your skin's stem cells as well as lifting and draining the eye area. Very potent, very clever. *selfridges.com*

If you secretly wish that you could get the same effects for your hair as you can for your face, then start getting excited. Neville's Botox for Locks treatment, from £70, uses a combination of irons and ions to seal conditioner into your hair before it's washed and blowdried. The result is Olympically healthy tresses. Brilliantly innovative. nevillehairandbeauty.net



PUMP UP THE VOLUME

Everyone knows that 40 is the new 25, so make sure you look the part by glugging down these sensational **Gold Collagen** Forte supplements, £40 for a box of 10. They have all the superpowers of the old formula, but *these* ones are turbocharged with skin-loving, line-banishing, wrinkle-diminishing antioxidants and vitamins too, plus lashings of collagen. Neck one every day and see for yourself. *boots.com*

GET READY TO LEG IT

Time to start vibing Katniss Everdeen with **Lucas Hugh**'s insanely flattering SS15 sportswear range. The fabric is so hi-tech that not only does it have UV-deflecting qualities, but these leggings, £250, make your thighs look like you've dropped a dress size overnight. What's not to love? *net-a-porter.com*





UNDER THE MICROSCOPE

Battered by hair horror? Drop everything and rush to the **Leonor Greyl** treatment rooms at Urban Retreat in Harrods. A very sophisticated machine will look at your locks with 200x magnification. This bad boy picks up everything, so the therapist will know just the right programme (relaxing? anti-ageing? deep repair?) to get your hair back to its luxuriant glory. From £120. *harrods.com*



GAME FOR A...

You have two options: a) never laugh again, or b) laugh as much as you want, and just fill in the lines it gives you with this **Vichy** Liftactiv Advanced Filler, £31. It's rammed to the rafters with pure retinol and its secret weapon is a thing called LR2412, which helps your skin to repair itself. We don't know what it is, but it's extraordinarily good. *Happily roars with laughter to prove it* *boots.com*



BEAU PEEPERS

Get that glint back where it belongs with this new Retinol Eye Serum, £219, from the **Natura Bissé** Diamond range. It's jumping with a circus troupe of active ingredients, all packed into a lovely light formula. Your eyes will be thrilled. *liberty.co.uk*



FACE VALUE

Skin goddess to the Chelsea crowd **Nataliya Robinson** has the power to clear up complexions and get metabolic rates racing with her famous facial-sculpting sessions, from £200. These are particularly good for pre-facelift surgery because supple muscles mean faster recovery. *nataliyarobinson.co.uk*

It List

by MARIELLA TANDY

FAIRY TALE

As man (and woman) continues to search for the elixir of life, the thing to do while we're waiting is to start using **YSL**'s Forever Youth Liberator Y-Shape cream, £63. Its miraculous Glycanactif Y formula is the thing that gives you that refreshed glow, so apply to your face, neck and décolletage (the aforementioned 'Y' arrangement) for skin that looks like that of a fairy who has just come back from a detox retreat. *harrods.com*





TRIPLE WHAMMY

Whatever your skin type, these three little bottles will work wonders. The **111 SKIN** Space Booster collection, from £85 a serum, will lovingly build a fortress against horrible things in the atmosphere that want to drag your skin down. 'No!' they shout. 'You shall not pass! We only allow healthy skin and, furthermore, we are totally customisable and prescriptive. So there!' *111skin.com*



OVER THE MOON

Welcome to the next generation of soap and water. **Erno Laszlo**'s White Marble cleansing bar, £45, uses grand things like alpha hydroxy acids and melanin-inhibitors to exfoliate and protect the skin, while the White Marble Radiance Emulsion, £175, makes you glow like the moon wearing a sequinned jacket. *harrods.com*



TIME TO SEND IN THE PROS

Elizabeth Arden is unleashing a very grown-up new Pro range that is so in-the-know that you can only get it at spas and salons. The star of the show is this Triple Action Protector lotion, £59, which will battle the elements on your behalf using a defensive SPF 50 sunscreen and other such armoury to leave skin looking and feeling completely cosseted. Think of it as your personal bodyguard for your face. *skinbrands.co.uk*

Ever wondered why French women look so darned elegant? Dr Ingrid Arion might have something to do with it. The cosmetic doctor, recently relocated from Paris to South Kensington, is full of clever, non-surgical ideas to keep you looking fresh-faced – like her lip treatments, from £500, which give the perfect amount of pout. The Parisiennes' loss is our gain. dr-ingridarion.co.uk



FANCY SEEING YOU HERE!

BUMPED INTO SOMEONE YOU KNOW IN THE WAITING ROOM? ANNABEL RIVKIN REVEALS THE STRATEGIES TO ENSURE YOU DON'T LOSE FACE

Plastic surgery – or, if you prefer, having a procedure – is kind of private. People tend not to shout about it. If someone 'admits' to Botox, they've had fillers; if they 'confess' that they've had their eyes done, it's probably a browlift. And so on. We all declare a tier below what we've actually had done.

Even if you are the full-disclosure exception ('My guy does the BEST facelift – look, no scars.' Or 'Feel my skin. Baby's bum. Acid peel.' Or 'New tits. Chicer shape, see?'), you probably want to be in lockdown immediately before, because you're scared, and immediately afterwards, because you look terrifying and feel vulnerable. Procedures do that to a person: first the fear, then the high. That's why they're addictive.

But the thing is, these tweakings and snippings and squirtings and plumpings happen in the public arena. It's not like being coy about having a Brazilian and asking the lady to come to your house. If you want a proper medical thingy performed by a proper qualified chappie, then you need to leave the comfort zone and at some point sit in a... waiting room. Now, if you are Kim Kardashian or Kylie (not to cast aspersions) or Kate Middleton (she may not have, but she will. All those royalty-papping cameras from every angle? Oh, she will), then perhaps there is a home visit or a private waiting room. But, for now, let's assume that you're... you. Which means – from a quick lip fattener to a boob job to chin lipo – you are at risk of being spotted. So you need tactics:

GET SUPER-CONSPIRATORIAL 'Do your scars itch? Let's have lunch next week and show each other our new ones. I've got no one else to talk to about it – I'm SO glad I bumped into you.' Now you're a team, see?

FLATTER 'My God, I always thought you looked 12 because you *were* 12. How have you judged this so right?' Now she's your mentor.

FORM A PACT The direct approach is an honourable one: 'If you didn't see me, I didn't see you.' Shake on it. Now you're blood sisters.

PSYCH THEM OUT Always smile broadly (if you can) at everyone. If they ignore you, you're safe: if you keep their secret, they'll keep yours.

KEEP YOUR ENEMIES CLOSE If it's a rival, go straight over and burst into tears. 'They said it wouldn't swell but look at the size of my HEAD. Now he's definitely going to leave me.' She's become your confidante.

TRY A DISGUISE If you don't mind looking deranged but unrecognisable, wear a headscarf and sunglasses (over the bandages if necessary). And a wig. Then you'll just be some unidentifiable mad creature, probably foreign, and everyone knows it's rude to stare.

LIE If you are just going in for a pre-op consultation, then tell anyone you run into that you're having a mole removed.

CALL A CAB And make sure it's bang outside to pick you up – no mucking around with hailing or walking to a parked car.

AVOID THE CROWDS Arrange to go before or after hours. Surgeons work early and late, so you'll probably be able to do a 6.30am.

FAKE AN AFFAIR Tell the town gossip that you're sleeping with the doctor. That's why you're always lurking round Wimpole Street. It's all the clandestine sex that's keeping you young. But don't tell ANYONE... □

PHOTOGRAPH: GETTY IMAGES

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